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Orientation 2024
Volume 2 Issue 1



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STUDENT
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Tips and tricks to navigate UW

Imprint Staff

Attending university for the first time can feel overwhelming. The team here at *Imprint* is happy to help. Here are some tips and tricks from our spring term staff writers that will help to better navigate your first year at UW:

Andie Kaiser, fourth year majoring in English language and literature:

One of the most helpful skills I've developed throughout university has been the ability to create a good schedule. A noticeable difference between high school and university courses is the sheer volume of assignments. Don't let that scare you though, many of them are small! Regardless of the size, however, it's important to keep track of due dates.

In my very first term, I brought a dry-erase calendar into my dorm, and it was super helpful to have a big, visual reminder of every important date. But the best strategy I've found has been to create assignment trackers for each course: basically a very long to-do list of every reading, discussion post, or test throughout the term. I started by making these lists on Google Sheets, and have since moved to Notion. Any program works, though — even just sheets of paper with checkboxes! If you're feeling really eager, I recommend creating daily (or weekly) to-do lists, so that those lengthy course trackers don't feel so daunting. I find that this system, in combination with my physical calendar and the assignment reminders I set on my phone, has been a game changer when it comes to staying on top of work.

Bella McKenzie, graduate of the honours arts co-op program, majoring in psychology:

Something I wish I had known in my first year at UW was to practice answering interview questions beforehand. Being in a co-op program, I had many interviews to complete over my school career but I was nervous talking to new people in my first year, so interviews were stressful. While I did write down my answers to possible interview questions beforehand, I wish I

had done mock interviews with friends or family members as well. That way, I could get more comfortable in an interview setting. I'd highly recommend this for any new co-op students. The more you practice interviews, the better and more confident you'll get. It will also show your potential employer that you know your stuff!

Christiano Choo, third year majoring in honours science program:

Get a diffuser from Walmart if you don't want your dorm room to smell bad. Rent the mini-fridge unless you're certain you can move a mini-fridge into your next abode. The first couple of weeks will be the easiest to make new friends. Note that most of these people will not stay your friends and that's okay. UW and WUSA offer many campus jobs that pay well and have some flexible hours, such as tutors, news reporters, and personal trainers. Do your research and reap the rewards. You'll either gain a lot of weight or lose a lot and if you don't want that to happen, track your calories and stay active at open recreation times, at the gym, the climbing wall, and so forth. You can check the Warrior Recreation website for sports programs and fitness activity schedules. Don't be afraid to make a mistake or try something new and make time to create great memories. Appreciate every day, as time passes quickly after your first year.

Janelle Gunaratnam, graduate of the

honours arts program: Take your time and don't rush through university. It may sound surprising, but your undergraduate years will fly by faster than you expect. Join as many clubs, councils, and intramural teams as you can reasonably manage, and take full advantage of the vast network of people and resources available to you. Over the next few years, you'll encounter countless opportunities, so be fully present and ready to seize them. Say yes to new experiences, embrace change, and don't hesitate to ask for help when you're unsure. There are so

many people whose sole purpose is to help you succeed. Oh, and if you're in residence during your first year, don't forget to bring a water filter. Good luck!

Justin Gec, graduate of the legal studies and business program:

Coming to university can be intimidating, to say the least. The number one thing that I wish I knew in my first year was that there are so many clubs and so many ways to get involved. Regardless of your interests, I can say with the utmost confidence that you will find someone or some group of people that share the same interest. It is almost a guarantee that by getting involved in whichever way that fits your interests or beliefs, your university and first-year experience will be enhanced. WUSA has over 200 clubs to choose from, and if there isn't a club that fits your interest, you can start your own. The best advice I could offer to any first-year student is this: don't be a stranger, join a club and get involved!

Mariam Naim, second year majoring

in economics: Don't stress about making friends. I was incredibly worried during orientation because I thought I wasn't going to be able to make friends. I wasn't able to find anyone during orientation to be friends with, which made my worries worse. But when I entered my first class, I was able to find people to talk to and befriend pretty quickly. I think it's easier to make friends in classes because you already have something in common — you are taking this class together. Everyone is new, so they're all in the same boat, looking for new people to meet and hang out with. Also, joining clubs is a great way to meet people. WUSA has so many clubs, so make sure to join some as it will really help explore your interests as well. You'll learn so much about yourself as time passes in university, and you'll have friends with you along for the ride!



Clubs, research, and more:

Your guide to getting involved on campus

Andie Kaiser, Staff Writer

Oftentimes, this is the first piece of advice we hear when heading off to university: “Make sure to get involved!” While this advice is all well and good, getting involved (which itself can be interpreted in hundreds of ways) is easier said than done. With any luck, this guide will give you some ideas about what “getting involved” at UW actually looks like, and how you might get started.



Athletics

One of the most popular ways to get into the UW spirit is to get active! Whether you want to be part of a competitive team or just get moving for an hour, there are plenty of opportunities across campus. Check out the athletics website for more information about the many sports teams and recreational activities, which include exercise and dance classes, open swim and climbing sessions, and personal training. There are also many Waterloo Undergraduate Student Association (WUSA) clubs focused on dance and exercise, like UW Parks Canada Club, UW Street Dance, AfroXDance Club, and Mambo Club. If you're into something more casual, just grab a football or volleyball and head to one of the green spaces on campus — maybe some new faces will join in on the game!

WUSA and

student leadership

WUSA offers a number of leadership opportunities for students from all years and disciplines. Being a part of student government is a great way to become familiar with the inner workings of campus life — plus it looks great on a resumé. With elections held annually, anyone can run to be a member of WUSA's Board of Directors, a group which aims to serve as the voice of undergraduate students. The board is responsible for providing guidance on WUSA's operations, and makes decisions in areas like finances and human resources. WUSA's President and Vice President also sit on the board, and students can run for either of these offices as well — both are full-time, paid positions allowing students to take on leadership and advocacy roles by working alongside WUSA and the university at large. There are a number of other part-time jobs available through WUSA as well (photographer, graphic designer, and food services attendant, to name a few). If you're living in one of the university colleges (United, Conrad Grebel, Renison, or St. Jerome's), check out the student leadership opportunities there, too! There are typically lots of both volunteer and paid positions available.



Academic

opportunities

If you're craving more than just classroom discussions, getting involved in academic extracurriculars might be for you. There are a range of academic and research-based opportunities across campus, from casual study groups to competitive trivia teams. Clubs of interest might include the UW Debate Society, Teaching Students' Association, Pre-Med and Pre-Dental clubs, and UW Quizbowl. There are also societies for several disciplines, such as the Waterloo Engineering Society, the Mathematics Society, and the Arts Student Union. Checking out these clubs and societies can be a great way to explore prospective majors and meet people that are studying the same things as you. There are also research opportunities available in labs across campus, from the DRAGEN Lab (Medieval Digital Research in Arts and Graphical Environmental Networks Laboratory) to biology and engineering labs. Check out faculty websites for information on how to get involved in research projects or become a research or teaching assistant.

Clubs and societies

It would be impossible to list every club here – there are over 200, after all! There are groups representing everyone, from cheese lovers (the Campus Crusade for Cheese) to music lovers (UW Concert Band Club, Jam-Network, the Taylor Swift Society). Chances are you can find others with the same hobbies and passions as you, with clubs focused on photography, filmmaking and watching, acapella, stand-up comedy, K-pop, and more. The full list of active clubs can be found on WUSA's website. Don't let the already extensive list of groups stop you – if you have an idea for your own club, you can get in touch with WUSA's Clubs Manager to begin forming something new.

Cultural associations

Many clubs at UW also strive to showcase culture and create spaces for students to find community on campus. A few examples include the African Student Association, the Indian Cultural Association, the Muslim Students' Association, and the Chinese Students' Association. There is also the Culture and Language Exchange Club, where students can learn other languages from one another, and QTPOC KW, a club which provides community-building events for racialized members of the 2SLGBTQIA+ community. UW's Indigenous Student Centre is located at United College on campus, and Indigenous students can access the Centre 24/7.

Entrepreneurship

There are many opportunities related to entrepreneurship as well, ranging from clubs to business accelerators. Waterloo Ventures is the central hub for entrepreneurship at the university and is home to programs like Velocity, an incubator which aims to support early-stage entrepreneurs. Students at any stage of the entrepreneurial process can apply online to join Velocity's network for free. There are also clubs focused on entrepreneurship, such as Engineers Without Borders, Law & Business Nexus, and The Women's Network. The UW Entrepreneurship Society (which is partnered with several other clubs and local companies) is a student-run group that hosts events and works to connect students with local resources and opportunities. Furthermore, UW is home to Hack the North, Canada's biggest student hackathon that runs annually and requires students to create and present their own tech projects.

As you can probably tell by now, there are a lot of opportunities here at UW. It can be daunting, especially as a first-year student, to comb through so many activities and clubs. While all of these extracurriculars can help you settle into university life, don't feel guilty if you want to take it slow: opportunities will always be available for you, and sometimes the pressure to get involved right away can cause even more stress. Hopefully, though, you can find a space or two that feels right for you. If none of the clubs here sound up your alley, you can always create your own.

How to budget your first year

Michael Kershaw, Contributor

Your first year of university comes with many challenges. For myself and many others, personal finance is a key priority, especially given more discussion about the cost-of-living crisis. Being able to manage your personal finances correctly is a skill you can develop in university, and that will aid you for the rest of your life.

In this article, we'll go over some of the considerations and advice on how you can effectively manage your own budget to help you lessen your financial stress.

Understanding Your Expenses

In order to figure out how you will budget your money in university, you should figure out your income sources, and then categorizing your expenses into fixed and variable costs.

- 💰 **Sources of income:** Sources of income can include any allowances given by your family, financial aid, student loans, and savings generated prior to entering university. Some students choose to work part-time while completing their studies, while others prefer to focus solely on their studies. Once you've figured out your sources of income, you'll need to weigh them against your fixed and variable costs.
- 💰 **Fixed costs:** These are costs that will usually stay the same every month, such as tuition, phone plans, rent or residence fees, and meal plans. Since these costs are predictable, you can factor them in as the foundation of your budget.
- 💰 **Variable costs:** Costs that will vary from time to time depending on needs and wants. This includes groceries, going out to eat, textbooks, entertainment, and transportation. These costs can be less predictable, where you may need to adjust your spending habits from time to time.

Creating a Plan

Once you have determined your fixed and variable costs, you should create a plan for how you will budget your money.

- 💰 **Financial goals:** In order for your budget to meet your needs, you need to figure out what long-term goals you have. This may include having little to no student loan debt after graduating or saving towards a big purchase like a car. Setting aside money or investing it is the best way to achieve your goals.
- 💰 **Tracking expenses:** The first step to a good budget is figuring out where your money is going. For myself, using a simple budget template on a spreadsheet has been a helpful tool for tracking expenses. You could also consider using one of the many apps to track your spending habits.

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\$ Budgeting your budget: Consider your income, allowance, and current savings to determine how you will structure your personal budget. One of the most popular templates for this structure is the 50-30-20 method: 50 per cent of your budgeted money will go to necessities, 30 per cent will go to your wants, and 20 per cent will go towards your financial goals. It's important to note that this may not work for everyone, but sticking to a plan and having financial discipline is crucial.

Making the Most of Your Money

There are many opportunities for students that can help them make the most of their money. This includes taking advantage of discounts and making investment decisions.

\$ Student discounts: There are many stores and services that provide exclusive discounts for students. Always make sure to ask or to look online as to whether a store may provide student discounts, and be prepared to show your student ID when making purchases. You could also consider taking advantage of student discount programs offered by banks and online services.

\$ Investing your money: You should consider investing the savings you have put aside rather than letting it sit in a chequing account. Investing your funds can be as simple as placing it in high-interest savings or a guaranteed investment certificate (GIC). Low-risk investing like a GIC offers you a return on your fixed investment. If you are feeling more courageous, you can also take on more risky investments by considering mutual funds or stocks. When making investments, you should consider speaking to a financial advisor beforehand.

\$ Rewards programs: Banks usually offer a variety of rewards programs to students and account holders for using credit cards on their purchases. By using a credit card, you can get cash back, points towards other purchases, or other benefits. Using a credit card can also help build your credit history, provided you use it responsibly. If you don't pay off your credit card bills in time, you can be on the hook for high-interest payments. Therefore, ensuring financial discipline by sticking to your budget plan is the best approach.

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Using the Resources Available

As a student at UW, there are also many resources and services provided to you that can help in balancing your budget.

- 💰 **Public transportation:** If you are a full-time student, the GRT's U-Pass is included in your tuition. It allows students to use the ION and GRT bus system for free with their WatCard. This can allow students without a car to travel around the Kitchener-Waterloo region without having to pay fares or the cost of a rideshare service.
- 💰 **Student services:** Many student services are included in your tuition, offering them free to use or at a reduced cost. This includes career and academic advisors, access to libraries, access to PAC and CIF gyms, and various other programs. Before paying extra for some services externally, consider whether they may be offered by the university.
- 💰 **Campus events:** Campus communities often hold a range of free events, providing social opportunities without needing to spend money for a fun experience. Additionally, some events even offer free food for students.

UW also provides information to new and incoming students on managing finances, financial aid and paying for university. This includes an online budget calculator tool that can be used to estimate the costs you may have during your first year.

Finally, a key challenge to budgeting can be impulse purchases. When making purchases, always take a moment to consider if it's necessary and if it fits within your budget. Instead of dining out every night, consider planning ahead with groceries or using your meal plan (if applicable). Rather than ordering that rideshare to get across the city, consider hopping on a GRT bus to get to your next destination. While these examples may seem like low-stakes costs that don't harm your budget, they add up as unnecessary expenses. Identifying the value of necessities versus wants is important. Spending on wants can be okay to do on occasion, but can derail your budget if done without considering your financial plans and goals.

Budgeting your money as a first-year student can be daunting, especially as many experience financial independence for the first time. This is a time of firsts for the personal finances of many students, whether it be getting your first credit card, living on your own for the first time, or getting your first pay cheque from a co-op job. As long as you try to stick to a budget and practice self-discipline when it comes to your personal finances, you will be successful in budgeting your first year.

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Need a study spot? *Imprint's* got you covered!

Mariam Naim, Staff Writer

A large portion of your life as a UW student will be spent studying — after all, no rewards come without hard work. Unlike high school, you have a whole campus and beyond of study spots to choose from. However, with so many choices, it's hard to know what's the best option to choose when study sessions are demanding.

Charging ports are crucial to a study spot. Imagine picking a nice place to work, only to find your devices are running out of battery and the spot you picked does not have plugs. Now you have to find a new place to study that actually has somewhere to charge your devices. This dilemma worsens during exam season, when all the study spots are taken up.

To get the most advantage from your study spots, make sure to be early. Book the rooms a few days in advance and come to the buildings early to ensure you get the best spot that there is to offer. As they say, early bird catches the worm.

Dana Porter Library

If you need a study spot, any library has always got your back! The Dana Porter Library has several floors to choose from depending on what particular need you have for that study session. Working in a group? Floor 10 has group tables and whiteboards. Need silence? Head to floor seven or eight



Mariam Naim

for that ambience. Want some quiet instead? Floors six and nine are quiet floors, meaning they allow minimal noise. Prefer a room to yourself? There are multiple floors you could book a room on like main, three, six, seven, eight, nine, or 10.

With a water fountain on floor three, bathrooms on most floors, charging ports as far as the eye can see, and a café on the main floor, Dana Porter has every base covered for the perfect study spot.

Student Life Centre

The Student Life Centre (SLC) is extremely versatile in what it can provide for students, especially those who

need a spot to study. SLC is filled to the brim with tables, including their study lounge on floor three. There are multiple different rooms that students will have the choice to book in the SLC from the Turnkey Desk. Rooms range in size depending on how many people you're expecting. No matter the size, there will always be a plug. However, each room is only available for three hours as the maximum limit (if you book in advance). Late study sessions are also accommodated at the SLC with the building being open 24/7.

If you're feeling hungry or need a pick-me-up, the SLC has multiple different food places to choose from. The Flock Stop is one option with a wide array of drinks, treats, and meals, in addition to being open 24/7 as well.



Quantum Nano Centre (QNC) and Science Teaching Complex (STC):

QNC has its own unique study spots for students to use. On the first and second floor, there are a series of two-seater

Cafés

Studying in a café to get some atmosphere and ambience is always a favourite! The Funcken Café at St. Jerome's University is a great place to go if you want to stay on campus. Funcken has a brighter environment with windows in the front and a dimmer environment in the back to suit your preferences. A highlight of cafés has always been what they offer to refresh yourself. Funcken

er tables next to a wall of windows. These tables feature a gorgeous view of the Peter Russell Rock Garden outside. While working, it may be calming to glance over to a nice landscape once in a while.

However, this view is subjective, and some might find the scenery and human traffic to be distracting, preventing them from staying focused. On the second floor of QNC, going down the hallway featuring the aforementioned tables, students can enter the

offers amazing matcha lattes and customizable bagels and sandwiches.

Uptown Waterloo features some cafés that are nice to study in like Princess Café and Café 22. To get to Uptown Waterloo, you can take the Fairway Station ION at University of Waterloo Station until it stops at Willis Way. After ordering a drink or meal from Princess Café, you can go to the

second floor of STC. Upon entering this floor, you'll be greeted by more two-seater tables, except the disruptive view has been replaced by bricks. Moreover, going further into the second floor of the building, you can find a study lounge with group tables and lounge chairs.



room across the order counter to find a series of tables with outlets nearby. You can lay out all your notes on the four-seater table or have your friends join you at the table.

Café 22 has a dim yet captivating environment, allowing for a focused study period. During a break or as a reward, you can treat yourself to one of the delicious desserts they have on display.

Connecting with nature

Bethany Helaine Pörtl, Contributor

Six greenspaces to check out on and off campus

The UW main campus is known for many things: an abundance of geese, the loveable mascot King Warrior, and indoor study spaces scattered across the campus. What about our outdoor spaces? Both on campus and in the surrounding Waterloo area, you can find great greenspaces to enjoy for a picnic, an outdoor study session, or an opportunity to learn from the environment around you. Here are six greenspaces to check out on your UW journey.

Arts and Environment Garden

The Arts and Environment Garden is located between the Environment (EV2), Psychology, Anthropology, and Sociology (PAS), and Hagey Hall (HH) buildings. Established in 2012, the garden features native and non-native plants grown across several themed 'mini-gardens' such as the Spring Bloom Garden, Zen Garden, Native Plant Garden, and Butterfly Garden. Details about each garden can be found on plaques around the space.

There are several table benches that serve as a great place to stop between classes and take a moment to enjoy the outdoors.

I've sat in this garden both in the fall and winter terms, and it is beautiful in every season.

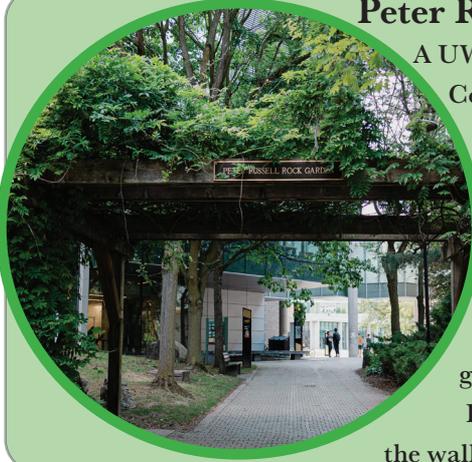


Peter Russell Rock Garden

A UW classic, the Peter Russell Rock Garden is located between the Mathematics and Computer Building, the Quantum Nano Centre, Biology 1, and the Earth Sciences and Chemistry building. Created in commemoration of UWaterloo's 25th anniversary, this garden has grown over the years and now contains over 70 large specimens of rocks and minerals.

A great space to sit and enjoy observing the bustle of campus life, this garden also maintains a sense of calm. Enjoy wandering through to read about all the different rocks located there. Keep an eye out for the world's oldest rock, tonalitic gneiss, dated about 4.03 billion years old. It's gneiss to see!

Personally I love this garden when the flowers and leaves are in bloom overhead on the walkway — it feels magical.



Clair Lake Park

Tucked away off Keats Way, Clair Lake Park is a quiet spot to walk or bike to. You'll be sure to see geese and a variety of ducks on the water here, like hooded mergansers of which I once saw a pair.

This is a nice place to go for a walk with friends. There are some picnic benches as well if you want to organize an outdoor lunch or sit and enjoy the day. I like how serene Clair Lake is, a greenspace sanctuary in the middle of the suburbs. You're also likely to find cardinals, woodpeckers, and bluejays here.

Indigenous Outdoor Gathering Space

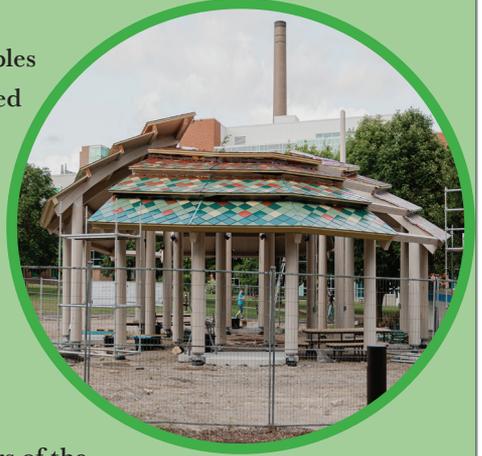
This new space, recently constructed on BC Matthews Hall (BMH) Green, is a prominent Indigenous structure built with several intentions.

Firstly, it aims to teach, celebrate, and spread awareness about Indigenous peoples and their cultural practices through the structural design of the space, events hosted on site, and garden plantings. Design elements were taken from nature — for example the pattern and colour of the roof design was modeled after a trout species native to the Grand River.

Secondly, the space is meant to gather the community for First Nations, Métis, and Inuit-focused events and celebrations organized by Indigenous people. The space will also be utilized as an outdoor classroom setting. Everyone can sit freely in the space when it is not used for events or classes.

Thirdly, the space is a physical presence to raise awareness within our campus community of the Indigenous presence on campus, reminding community members of the histories tied to the area as well as contemporary Indigenous diversity.

I look forward to engaging with this space and learning more about everything its details represent.



Laurel Creek Conservation Area

Accessible by bus or bike, Laurel Creek Conservation Area has something for every level of nature lover: a variety of trails to walk or hike, canoes for rent to take out on the lake, and multiple beach spaces to put down a towel and crack open a good book. I have had many adventures exploring the area, going on summer and winter hikes and meeting a variety of wildlife.



Laurel Creek is a great space to be immersed in nature and think about conservation of our greenspaces — they are important to our mental health, being in nature can help reduce stress levels, feelings of anxiety and depression symptoms. Greenspaces are important to our ecosystems, supporting an abundance of life and providing habitats for species as land is continuously developed. Greenspaces on campus have a cooling effect, assist with drainage, and are a part of climate change resilience. Part of being in greenspaces is respecting and listening to the environment around you. A stretch of Laurel Creek runs through campus. You can see it as you walk around campus along Ring Road and may even get in it for a class.

We are all connected through the waterways and land around us, which is why we need to take care of these spaces.

Waterloo Park

A classic off-campus location, Waterloo Park is open 6 a.m. to 11 p.m. and easily accessible by walking, biking, or hopping on the ION. Here you'll find a variety of outdoor spaces to play sports, watch the clouds, or just take a walk. The Silver Lake boardwalk is constructed over the waterfront where you can watch the geese, ducks, and maybe even a heron or two enjoy the water.

The Canadian Clay and Glass Gallery, which has free entry, and Waterloo Public Library that hosts many free events are both just off the walking path of Waterloo Park.

Be sure to check out Waterloo Park in winter term as a vast display of winter lights and characters are on display. In Waterloo for a summer term? Check out the outdoor Movies In The Park series hosted near the bandshell. My favourite Waterloo Park feature is Eby Farmstead where, from June to September, you can see mini horses, llamas, alpacas and other animals — very cute!

Don't freak out — your academic plans might change

Mariam Naim, Staff Writer

Change is constant. I'm sure you have heard that phrase a lot, but that doesn't mean it's any less true. Throughout your time at UW, you will change — you will have new interests, overcome new struggles, and learn more about yourself. University is an opportunity to leave your comfort zone and explore. That said, your academic plans may change. No matter what faculty or program you're in, there is always a chance that you could change your mind on what you want to study or

pursue as a career.

When Matthew Hart and Samantha Alegrid first entered UW in their first year in September 2023, they were both arts and business (ARBUS) students. Now entering their second year, both have found themselves switching into mathematical economics, a stark difference from their original plans. Their first year involved a lot of discovery of what they truly wanted to pursue and where they saw their own futures.

"I didn't actually envision switching out of arts and business, because in high school, I had been really involved in business things. I was part of like the specialist high skills major for business," Hart said. "I was doing a bunch of co-ops in business, so I was like, cool, I guess I'm a business kid now." However, walking into that first business class on his first day, Hart felt out of place, finding business to be much more cutthroat than he imagined. Originally in economics as his

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arts major, he switched out of ARBUS to pursue mathematical economics, finding the program to be a much better fit for his newfound future goals of attending the University of Edinburgh in Scotland for a Master of Arts.

When choosing her future program, Alegrid was stuck between choosing a program in the math faculty or the arts faculty. Despite choosing ARBUS, she did not truly find what she wanted to pursue until she had become a student in UW. Despite choosing to major in English at first, a lingering feeling remained that led to a switch of program during her first year due to her uncertainty. “I pictured myself having to actually do [English] for my whole program and [decided] no, I don’t want this actually. Ok, now what are my options? I really liked economics and it was closest thing to what I wanted before.” Alegrid found herself enjoying her elective economics classes more than her English ones which prompted a change in her major.

You could also be unsure of what to do, and that’s okay too — many students can relate to that feeling of uncertainty.

First-year engineering advisor Aleysa Khan commented on the dilemma that students find themselves in. “I think that sometimes students put a lot of pressure on themselves because you’re 16–17 years old when you’re applying for university,” she said. “I feel like there’s no way you could possibly know what would be the best program for you. So sometimes it’s all about coming here, maybe you might take some classes and realize [you’re] currently in electrical engineering, but [you’d] like to be in computer engineering.”

In the faculty of science, director of undergraduate operations Stephen Woods revealed that 10–20 per cent of first-year undergraduate science students request a program change within the science faculty. This is further supported by Khan, who explained that while these circumstances are not common, they do happen from time to time.

When you’re in high school, you often spend time deliberating on what job you

“I think that students put a lot of pressure on themselves because you’re 16-17 years old when you’re applying for university. I feel like there’s no way you could possibly know what would be the best program for you.”

- Aleysa Khan, engineering advisor

would like to pursue in the future along with the education that comes with it. This does not stop when you enter university and find more options or change educational goals. Woods noted, “Students consider program changes for a range of reasons, such as having a class in a subject for the first time, wanting a program with more room for electives, or shifting professional program goals, to name a couple examples.”

Hart and Alegrid, soon to be in math-

ematical economics, find that they feel secure in their futures. Hart acknowledges that there will be challenges along the way but remains optimistic for the opportunities mathematical economics will bring. As for Alegrid, she believes that she has made the right choice with a program she feels happier doing, unlike her earlier hesitancy. “I know I want to do this,” she said. “So, I definitely think I feel more confident.”

Both cite the fervent support of their academic advisors who aided them through the process of switching programs. Hart was intimidated by the demanding program that was mathematical economics and turned to the academic advisors. “I talked to my academic advisor, and she was really sympathetic. She told me that if anyone could do the thing I was doing, it was me, and I felt very encouraged.” For Alegrid, the process of switching into mathematical economics had been made simple by the academic advisors. They gave her the appropriate information and told her what course requirements she needed to get into her desired program. She found the procedure straightforward and attainable with their help.

“If the students ever feel overwhelmed, they need someone to talk to, but they’re not sure where to go, I think the biggest advice I would give is just come and see your academic advisor,” Khan said. Woods and Khan encourage students who are thinking about switching programs to visit their respective undergraduate offices to receive the proper aid. Khan continued, “We’ll help you. We’ll put you in the right direction, because there’s a lot of really awesome resources on campus, not just for engineering students, but for any student.”

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Downtown
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Improvement
Area

Where to get your caffeine fix

Sophie Smith, Contributor



The Funcken Café

Store hours: Monday — Friday from 8:30 a.m. to 4 p.m.

Location: St. Jerome's University

Known for its incredible matcha lattes and caramel macchiatos (with homemade syrup!), the Funcken is UW's greatest hidden gem. This cozy café is a great place for a study session or to catch up with a friend over some of the best coffee UW campus has to offer. Don't miss the weekly Funcken Fridays, where online pre-orders through its website are 20 per cent off!



Browser's

Store hours: Monday — Friday from 8 a.m. to 3 p.m.

Location: Dana Porter Library

Located right next to Dana Porter's beautiful ground floor windows, Browser's is a great spot for your next group project meeting. However, given that this café is located in one of UW's main libraries, this is also the perfect place to get your fix if a quiet caffeine fueled study session is what you're looking for. As an added bonus, the self-serve setup makes for a fast-moving line, making this an ideal option for a coffee run between classes. They also offer points cards and a coffee and muffin deal for only \$1.45.

Environmental Studies Coffee Shop

Store hours: Monday — Friday from 10 a.m. to 3 p.m.

Location: EV1 138

Looking for the cheapest coffee on campus? Look no further! The ES Coffee Shop offers a great selection of coffee and bites at some of the best prices on campus. If that has not sold you yet, the business also offers its perfectly delicious day-old pastries at 75 per cent off! Plus, the Environment Lounge connected to the café offers a nice spot to take your pastry and coffee for a study session.

Ev3rgreen Café

Store hours: Monday — Friday from 8:30 a.m. to 5 p.m.

Location: EV3, ground floor

There is something on the menu for everyone at the Ev3rgreen Café, with its wide selection including vegetarian and vegan food and drink options. Its refreshing smoothies and mouth-watering paninis are must-eats. You can almost always expect a special going on, such as its coffee and muffin deal, to save a little of your coffee fund!



Liquid Assets

Store hours: Monday — Friday from 8 a.m. to 3 p.m.

Location: Hagey Hall, ground floor

Liquid Assets is a great spot to grab a quick coffee to go, but don't forget to pick up a little something to eat. Most notable are its delicious soups — tomato and thai are among the most popular. They are the perfect way to warm up during the increasingly chilly fall semester.

Graduate House

Store hours: Monday — Friday from 11:30 a.m. to 9 p.m.

Location: Across from South Campus Hall

Contrary to popular belief, everyone is welcome at the Grad House. While graduate students do get to enjoy an attractive discount, the Grad House's high-quality cappuccinos and best-selling burgers are a must-try for all UW students, faculty, and staff. You can usually expect a fairly relaxed environment here. However, if you're looking to unwind after a long day of studying, check out its myriad of regular lively events such as open mics, socials, and trivia Wednesdays.



Tim Hortons

Store hours and locations: SLC, Davis Centre (both open daily from 7:30 a.m. to 8 p.m.), South Campus Hall (Monday — Friday from 7:30 a.m. to 4:30 p.m.), East Campus 5 (Monday — Friday from 8:30 a.m. to 3 p.m.)

Unless you are new to Canada, chances are you already know its menu inside and out and have your go-to order ready. But for any students unfamiliar with the nationwide coffee giant, Tim Hortons is best known for its affordable coffee and donuts. With multiple locations on campus, Tims is one of the most popular (and therefore busiest — you've been warned) options to fuel up on that beloved caffeine.

Where to eat on campus



Mariam Naim, Staff Writer

Feeling hungry on campus? Look no further for food options, as the UW campus provides quite the menu to enjoy. You don't have to waste a trek to the plazas when food can be picked up without leaving campus!

Ev3rgreen Café

Inside Environment 3 lies the Ev3rgreen Café, the perfect place for breakfast and lunch with their paninis, focaccia flats, wraps, bagels, and soups. You can also grab a morning pick-me-up with their drink selection. They serve coffee, tea, frappes, smoothies, iced coffee, and iced teas.

Student Life Centre cafeteria

The Student Life Centre's (SLC) cafeteria is filled with different restaurants to eat from, such as Pizza Pizza, Subway, Shawarma Hub, Quesada, Teriyaki Experience, Chef and the Farmer Smokehouse, SmashBites, Village Bakery, and Fresh Xpress.

The Pizza Pizza on campus serves meals like two classic slices (pepperoni, cheese, or vegetarian), a classic slice with chips and a drink, and two classic slices with a drink. If you want a whole pizza, the Pizza Pizza on campus only serves extra large pizzas.

Do you like customization? Head to Subway, Shawarma Hub, or Quesada for customizable food. At Subway, you can choose a sandwich type and change it to your preferences. Shawarma Hub provides chicken shawarmas, falafels, shawarma fries, and Fattoush salad. Feel free to add a side of rice, fries, salad, or a drink to your meal at Shawarma Hub. Customize the protein, toppings, and sauces in your choice of meal at Quesada. Quesada serves burritos, burrito bowls, quesadilla, tortilla salad, tacos, and nachos.

Teriyaki Experience caters to those of sweet and savoury tastebuds with their famous chicken or beef teriyaki, hot & spicy chicken with Yakisoba Noodles, Pan-Asian Shrimp or Ginger sesame beef with udon noodles, and a protein bowl.

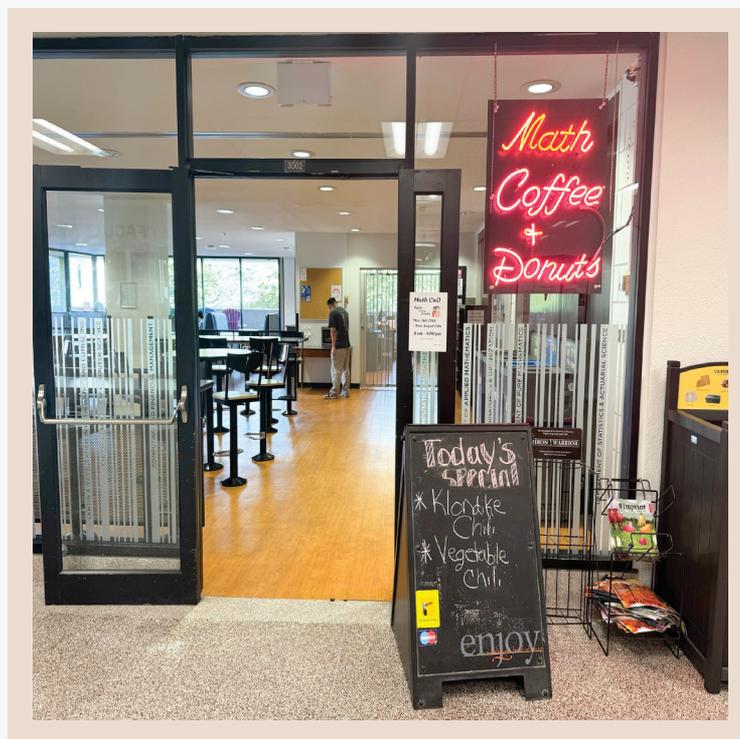
If you're craving burgers and sandwiches, head to Chef and the Farmer Smokehouse or SmashBites to indulge that craving.

Village Bakery's name is self-explanatory, serving up pastries, cookies, banana bread, and muffins.

Looking for something a bit healthier? Try out Fresh Xpress and their salads, sandwiches, paninis, wraps, and fruit cups!

Coffee & Donut Shop

The Coffee & Donut (CnD) shops house some delicious and cheap food. That's not all — they serve soup, sandwiches, pastries, coffee, and iced capps. The CnD from EngSoc has some brownies and cheesecakes that are delectable choices for a midday treat. While the CnDs accepts debit, credit, and cash, it does not accept WatCard for payment. There are two EngSoc CnDs: one on the first floor of Carl Pollock Hall and another on the first floor of Engineering 7 (E7). SciSoc and MathSoc also have their own CnDs in Biology 1 and the Mathematics and Computer building respectively.



Funcken Café

Situated in St. Jerome's University is the Funcken Café. This café is, in my book, a must try for new students. Their matcha lattes are incredibly good as both hot and iced, perfect for every season. They have a variety of baked goods like pastries, cookies, and danishes. Funcken offers a build your own bagel or sandwich meal. From the bread to the filling and the sauce, you can customize it however you like.



ML's Diner

ML's Diner is a small restaurant in the basement of the Modern Languages building. They serve pancakes, breakfast bagels, burgers, grilled cheese, poutine, and milkshakes. The burgers have halal and Beyond Meat options if you have dietary restrictions. The milkshake that stands out most is the cake shake, which is a chocolate cake and vanilla ice cream milk shake.

Chatime

Bubble tea lovers, the UW campus has just the thing for you! There is a Chatime in the Davis Centre building that sells all your favourite bubble tea drinks like the grass jelly roasted milk tea, pearl milk tea, and the matcha strawberry latte. The Bake Code macarons and cakes are also available for purchase.

Flock Stop

Open 24/7 in the SLC is the Flock Stop. They have a wide array of food and drinks to purchase, whatever you might be hungry or thirsty for. They offer hot meals, sandwiches, baked goods, coffee, energy drinks, sushi, beef patties, snacks, and slushies.

WUSA Food Support Service

People going through food insecurity can access the WUSA Food Support Service at the SLC Turnkey Desk, where they can receive a hamper of food or hygienic items. You must show your WatCard to pick up the hamper. Undergraduate and graduate students, staff, and faculty members are welcome to pick up a hamper. They accommodate dietary restrictions with their meat, halal, vegetarian, or kosher hampers. Additionally, they provide two types of hygiene hampers, general hygiene and menstrual hygiene. Let the Turnkey Desk know that you require one of these specific hampers when picking one up. Individuals can pick up four hampers per month. For other dietary restrictions or allergens not previously mentioned, you can send in a request for a hamper meeting those needs online. You can donate to this service at the SLC Flock Stop stairs, South Campus Hall, Renison University College, Claudette Millar Hall, or William M. Tatham Centre.



How to take care of your mental health: Advice from upper years and UW staff

Isabella McKenzie, Staff Writer

They say the first year is the most challenging year of university. Is that because it is a significant change from high school, or because the workload is like a full time job? You may be living alone for the first time and may be changing cities, provinces, or countries. You might have to make new friends all over again. There are many reasons why the first year can be stressful for students. However, you're not alone. Over 7,000 students are going through their first year with you, and there are many supports and strategies to help you during your first year at UW. Fourth-year students, including myself, and UW staff would like to point you in the right direction regarding these first-year difficulties.

Like all stages of life, there are several common problems that many university students experience that negatively affect their mental health. The primary stressor in many students' lives is schoolwork. We dread tests, assignments, quizzes, readings, practice questions, and exams at one point or another — especially if they're during an 8:30 a.m. class.

Since humans thrive on routine, I recommend making a study schedule. You can allot time for school, fun, and relaxing breaks to maintain a good balance. Something I wish I had done earlier, which is now a staple for each semester, is making a termly Excel schedule of my assignments and due dates. Sorted by date, the assignments are colour-coded by course so I can easily see the highest priority. Another

tip is to put upcoming due dates in a weekly list or your calendar to remind yourself.

“Think of a term schedule as a long-term view of the term from start to finish with all the important dates from each of

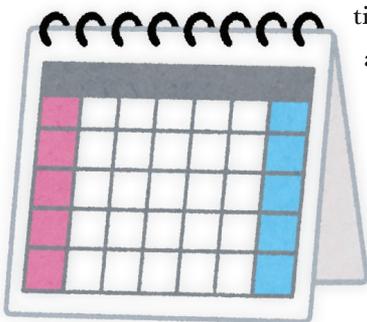
your classes. A weekly schedule is more detailed and focuses on immediate activities that need to happen between important dates,” said Mary Anne Gonzales, an academic development and retention specialist at the Student Success Office (SSO), in a schedule strategy post. “The two schedules should complement each other and should allow you to look ahead, whether that is by week or by month.”

Next, figuring out which study methods work best for you is very important. Whether you are used to studying alone, early in the morning, with other people, or with music and do not seem to be able to study to your fullest potential, try different methods and areas on campus to see which gets you “in the zone.” Waterloo Undergraduate Student Association's (WUSA) recent report on academic success reported that the following tools were most helpful in achieving academic success for students:

1. Attending class regularly (76%)
2. Completing practice question sets (64%)
3. Studying alone (64%)
4. Taking notes in class (50%)

If you feel the stress of due dates piling up or you want help figuring out a study plan to prevent yourself from getting overwhelmed, I suggest you check out the following resources that were rated as the most helpful by students in the WUSA survey: academic advisors, professor and TA office hours, SSO, and the Writing and Communication Centre. Remember, these people are here to help — it's literally their job!

Another essential thing to remember is to adjust your expectations from high school. As reported in the WUSA



academic success survey: “First-years are the least satisfied with their academic success, and fourth-years are the most satisfied with their academic success. This is an intuitive finding, as it is expected for first-year students to have a difficult transition to the academic expectations in university.”

So, if you feel less satisfied with your academic performance, that’s okay! It’s normal and will improve as you adjust to these changes. It’s also important to give yourself grace and compassion. It’s okay to fail a class, most people do it at least once in their university career. It’s okay to switch majors, programs, or faculties. Most of my friends and I have done it and are much happier. Remember to focus on learning! If you feel like you’ll be late handing in an assignment, don’t worry. Contact your professor beforehand (further in advance is better), and ask if an extension is possible.

While your focus may be on your studies, living alone is also a big change from high school. This independence can bring on a joyful feeling of control, self-expression, and freedom. However, this is also where homesickness and isolation can creep in. These feelings are normal, but sometimes they can be overwhelming. Luckily, meeting new people can pull you out of these feelings. “If I feel homesick I’ll usually try to make myself more busy or maybe spend time with people who I care about here,” said Olivia Rolston, a third-year honours science UW student. “It’s also nice to talk about it too with people who understand.”

You can meet people in your residence, classes, clubs, WUSA welcome week events, sports teams and intramurals, faculty events, and of course, Waterloo Orientation. These events are filled with new people who are just as eager to make new friends as you are. One of my core first-year memories was the WUSA carnival. It was bustling with people, rides, games, prizes, and snacks. It was there that I bonded more with my residence floor mates.

Most importantly, make sure to have fun! This may seem obvious, but making time to have fun is important. Whether it’s joining an intramural sport, club, spending time with friends, or enjoying a hobby by yourself, having fun is very important not only to give your mind a rest, but to make you happy.

When you finish your university career, you won’t remember that assignment you didn’t hand in, you’ll remember the friends you made, the experiences you had, and the things you learned.

University is an exhilarating time, but if your mental health is deteriorating and you feel you can’t manage it alone, I strongly encourage you to contact UW counselling services

to book a therapy appointment or get peer support through Mates, the WUSA student-run service, as Rolston does. “When I’m stressed I’ll probably book a therapy session if it’s really bad,” Rolston said. “If it’s more manageable I tend to do more physical activity or I’ll journal or try to revisit my more creative interests like visual arts or music.”

As someone who has recently finished their undergraduate journey, let me leave you with some advice. Don’t be afraid to get out of your comfort zone. Do what is best for you, even if that means changing paths. Get connected with campus life through clubs, volunteering, or co-op because there will be more like-minded people there than you think. There will be highs and lows, but remember, you are not alone. University is a place of independence, self-expression, and growth. So, take advantage of this time. I’ve made some friends for life at university, and I hope you will, too.

Good luck, Warriors.



Navigating around Waterloo region and beyond

Mariam Naim, Staff Writer

Think of all the places you'll go during your time at UW. You may need to go to the grocery store, a fun activity with your friends, or back home if you are not from the Waterloo region. All these trips are not feasible without some form of transportation, but without a car, how would you ever make it to your destination? Not to worry. Whether it is going to Stratford, Toronto, Markham, or Hamilton, there is a ride for you.

Grand River Transit (GRT) and ION

The most common form of transportation used by students, accessible from the University of Waterloo Station across Ring Road from the DC library, is the GRT and the ION.

UW students have unlimited access to any GRT bus and the ION light rail with a tap of their WatCard, given that the U-Pass is automatically included in full-time students' termly fees. Students must be full-time students and taking at least three courses that term to be eligible for the U-Pass. Otherwise, they can opt-in at the SLC or DC Turnkey Desk.

The GRT system allows students to travel between Kitchener, Waterloo, Cambridge, Elmira, St. Jacobs, and New Hamburg. The ION light rail runs between Conestoga Mall on one end and Fairview Park Mall on the other.

The GRT offers accessible transportation options for full-time students with disabilities through the MobilityPLUS service. MobilityPLUS can be paid for with their U-Pass, however there is a separate registration where proof of enrollment in a full-time program is required. Upon providing proof, students that require this service will be given a paper pass for the MobilityPLUS service each month.

If you don't have the U-Pass, you can pay \$3.75 fare or use an EasyGo Fare Card. EasyGo Fare Cards cost \$5, and fare is \$3. ION light rail only takes tickets that you can buy at the station or payment from the EasyGo Fare Card. EasyGo Fare Cards can be bought from the Turnkey Desks at the Student Life Centre (SLC) or Davis Centre (DC).

GO Bus and Train

Looking to make an out-of-town trip? University of Waterloo Station Platform 6 has access to GO busses to make those trips possible. There are two lines that the GO busses run: route 25 and route 30. Notable stops on route 25 include, Kitchener, Cambridge, Erin Mills, Square One, and Milton. Route 30 travels to Bramalea GO station.

Taking the GRT or ION to Kitchener GO station opens up more destinations to travel to with the GO train. Notable stops from the Kitchener GO station include Toronto, Etobicoke, Brampton, Halton, and Guelph.

You can purchase GO bus tickets from the GO Website, pay with Presto, or pay from the Turnkey Desks at DC or SLC. Prices for tickets will vary depending on where you go and whether you use e-tickets or Presto. For weekend and holiday trips, there is an option for a \$10 dollar day pass that is valid for 24 hours with unlimited access to any GO bus or train.

Fed Bus

The Waterloo Undergraduate Student Association (WUSA) provides its own method of transportation, exclusive to UW students, called the FedBus. Tickets for the FedBus are available at the two Turnkey desks in DC and SLC. Students must show their WatCard when purchasing tickets and when boarding the bus. Each bus will depart from the front of DC on Friday and return on Sunday night. This bus service is only operating when classes are running. Any luggage you bring along must fit on your lap or under your seat as the bus used is a school bus, which affords little storage space.

The FedBus' destinations are in the GTA including Richmond Hill, CF Markville, McCowan Station, York Mills Station, and Highway 407 Station. The FedBus also goes to and from London, Ontario. Pricing and schedules can be found on their website fedbus.wusa.ca.

Neuron E-Bikes and E-Scooters

Run by Neuron Mobility, e-scooters and e-bikes are provided all over town as a sustainable mode of transport to reduce car pollution. To access the rides, you must download the Neuron Mobility app, which will show you where to leave the scooter or bike when you are done using them.

On the Neuron app, you can pay for the service at a rate of \$1.15 + \$0.35 per minute with tax included. They also offer a three-day pass for \$18.99 with 90 minutes of free riding per day and weekly passes for \$26.99 with 45 minutes of free riding per day.

This form of transport is fairly new, launched in spring 2023. For those who would like to use it but have never rode on the streets before, they are encouraged to learn about the rules and how ride safely at scootsafe.com.

Ring Road, UW Place, and Columbia Lake Village are places where students can pick-up or drop-off the vehicles across the campus. Riding the bikes and scooters is not allowed on university pathways or parking lots.

Taxi Services

Taxi services can take you to multiple different cities across Ontario as well as to and from the airport. There are three local taxi services: Golden Triangle Taxi, United Taxi, and Waterloo Taxi. All three have an initial \$3.50 fee + \$2.50 per kilometre during the ride. Accessibility options are available with each of the mentioned taxi services. All three taxi services have apps. When you use the app for United Taxi, you can save 15 per cent on all local trips. Taking an Uber or Lyft are also options for rideshare services that can be used to travel around the city.

VIA Rail

The VIA Rail train system is a method of transportation that you might have to go out of the way for, as all the other options can be found around campus or nearby. However, VIA Rail has the customers' comfort in mind with seating, food, and accommodations. VIA Rail can take you to Guelph, Stratford, Montreal, Ottawa, and Toronto, to list a few options. There are multiple classes of seating at different price ranges, including economy, business, sleeper plus, and prestige. Business class and above will provide food and drinks, whereas the economy class has to pay for refreshments. Wi-Fi and electrical outlets are available for all classes along with comfortable seating. Medical, meal, and accessibility needs can be accommodated.

Price summary

GRT: Free with U-Pass; \$3.75 fare without

ION light rail: Free with U-Pass; otherwise requires EasyGo pass

GO bus and train: Varies depending on trip; \$10 one day pass

FedBus: \$19 to London, \$22 to McCowan York Mills, \$24 to Markham, Richmond Hill, Highway 407

Neuron e-bikes & e-scooters: \$1.15 initial fee + 0.35 a minute. \$18.99 for three day pass and \$26.99 for weekly pass.

Taxi services: \$3.50 starting fee, \$2.50 per kilometre

VIA rail: \$20 economy class one way from Kitchener to Stratford or Guelph. \$28 economy one way from Kitchener to Toronto

Entertainment and relaxation:

A guide for what to do around Waterloo region

Mariam Naim, Staff Writer

The Waterloo region is never short of fun things to do. From entertainment facilities to boutique stores, there is something for everyone. It's hard to know what to try with so many places around, so Imprint has compiled a list of places about what to see first.

UniClaw

Hours:

2 p.m. – 10 p.m. (Monday, Wednesday – Friday), 12 p.m. – 10 p.m. (Saturday – Sunday)

Location:

140 University Ave. W., Unit 1B, Waterloo, ON N2L 6J3

Who doesn't love a good plushie? Those adorable stuffed dolls filling your room are too lovely to resist. How about instead of purchasing them from the store, you had to win them yourself?

UniClaw has heaps of claw machines with plushies to win. There are big machines, little ones, and even a machine where you can cut a string to win a plush. Testing your skills have never been more rewarding with the prizes you could win.

To play, you first must pay for tokens which are then to be inserted into the claw machines for a chance to score a plush. You have the option to keep the plush, however the plushies from the machines are worth a specific number of points that can be used to trade for nicer plushies or other figurines that line the wall behind the cashier. You can also save the points on an account to accumulate them to exchange for a prize worth more points on your next visit.

Conestoga and Fairview Park Mall

If you are looking to shop in a mall, head over to Conestoga Mall in Waterloo or Fairview Park Mall in Kitchener. You can skim through books at Indigo, grab some bubble tea, or try on some new clothes. Although many of the stores in both malls are the same, there are a few stores unique to each mall. For example, Fairview Park has a Hot Topic store while Conestoga Mall has a Mind Games store.

The best option to get to either mall is to take the ION. The ION only has one line with Fairview Park Mall on one end, getting off at the Fairway Station stop, and Conestoga Mall on the other, exiting at Conestoga Station.

Hours:

10 a.m. – 9 p.m. (Monday – Friday), 10 a.m. – 6 p.m. (Saturday), 11 a.m. – 5 p.m. (Sunday)

Location:

Conestoga Mall: 550 King St. N., Waterloo, ON N2L 6L2
Fairview Park Mall: 2960 Kingsway Dr., Kitchener, ON N2C 1X1



Waterloo Region Museum

Hours:

11 a.m. – 4:30 p.m. daily

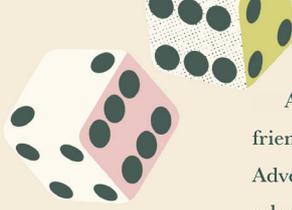
Location:

10 Huron Rd., Kitchener, ON N2P 2R7

Every town you visit has some history for how it came to be in its current state. Waterloo is no exception, and their museum puts it on display for people to learn about. Did you know that the Waterloo Region Museum is the largest community museum in Ontario? The building holds two indoor galleries and a war memorial to view. Not just that, it holds many exhibits, both local and global, that are filled to the brim with interesting information. If you prefer something more hands on, there are also workshops at the museum.

The museum is connected to Doon Heritage village, a place to explore life in Waterloo during 1914. Unfortunately, this site is closed until 2025 due to utility replacements. Keep this one in mind and take a visit when it opens again.

Board Game Cafés



Hours:

The Adventurers Guild: 4 p.m. – 11 p.m. (Mon – Thurs), 4 p.m. – 12 a.m. (Fri), 11 a.m. – 12 a.m. (Sat), 11 a.m. – 11 p.m. (Sun)

Pair A Dice: 5 p.m. – 11 p.m. (Mon – Thurs), 5 p.m. – 12 a.m. (Fri), 3 p.m. – 12 a.m. (Sat), 3 p.m. – 10 p.m. (Sun)

Location:

The Adventurers Guild: 36 Ontario St. N., Kitchener, ON N2H 4Y4

Pair A Dice: 258 King St. N. Unit 11, Waterloo, ON N2J 2Y9

An entertaining night of board games will never go out of style. Grab your friends and some food at these cafés for a fun board games session at The Adventurers Guild in Kitchener or Pair A Dice in Waterloo. There is a vast selection of board games to choose from at both locations. The Adventurer’s Guild is a bit unique as it offers video games to play as well. If you hunger for some older video games, The Adventurers Guild has NES, SNES, N64, Game-Cube, and PS1 games. Dungeons and Dragons sessions are also welcome at the Adventurer’s Guild and Pair A Dice. Pair A Dice charges \$6.79 per person and The Adventurer’s Guild is \$8.50 per person for the entire length of your visit. Both places serve food and drinks for visitors to enjoy.

Movies

Hours:

Vary by location

Location:

Princess Cinemas: 6 Princess St. W., Waterloo, ON N2L 2X8

Princess Twin Cinemas: 46 King St. N., Waterloo, ON N2J 2W8

Galaxy Cinemas: 550 King St. N., Waterloo, ON N2L 5W6

Landmark Cinemas: 415 The Boardwalk, Waterloo, ON N2T 0A6

Apollo: 141 Ontario St. N., Kitchener, ON N2H 4Y5

Moviegoers can find their fix at Princess, Princess Twin, Galaxy, Landmark, or Apollo. These cinemas air a wide range of movies, new and old, for the viewing. Classics, new hits, documentaries, video fests, and more can all be seen.

Enjoy the classics? Apollo, Princess, and Princess Twin screen many classic movies like *The Princess Bride*, the cartoons of Max Fleischer, and the *Shawshank Redemption*. Inside of Princess Twin Cinemas lies Princess Café, which hosts a dinner and movie pass for \$26. The dinner consists of a panini, a tea or coffee, and of course, the movie ticket. Apollo hosts events alongside certain movies like their Drunken Cinema series. Drunken Cinema is an interactive game during the movie with game cards and glowsticks. Other movie events include refreshments provided during their movies.

For modern movies, take a trip to Galaxy Cinemas Waterloo or Landmark Cinemas. The current hits can be viewed at these cinemas to make sure you’re never behind on the most popular movies airing right now.

4Cats Waterloo Art Studio

Do you want to make mugs, bowls, planters, or little clay figurines? At 4Cats Waterloo Art Studio, you can join instructor-led workshops or self-paced workshops to make such pieces. Self-paced workshops have given time limits, with participants paying per hour for any extra time they take. If you’re joining an instructor-led workshop, consider going as a group as some projects have group deals. For example, on some projects, there is a deal of two people for \$45 (\$22.50 per person), three people for \$55 (\$18.33 per person), or four people for \$65 (\$16.25 per person). After finishing your project, you have two weeks to pick it up from when you started it.

Hours:

9 a.m. – 5 p.m. (Tuesday – Friday)

Location:

133 Weber St. N., Waterloo, ON N2J 3G9

Splitsville Waterloo Bowling

If you are looking for a fun way to spend a few hours with friends, check out Splitsville Bowling alley. This brand new 43,000 square foot entertainment centre just opened in July, and offers something for everyone. With 24 lanes of 10-pin bowling, a state-of-the-art arcade facility and many more amenities, the fun is endless at Splitsville bowling. The key that makes Splitsville so special is that you can skip the industry bowling standard of renting shoes and can hop in on any of the 24 lanes and just bowl. There are also drink and food options which can be served while you enjoy your game. Pricing varies with the amount and frequency you are looking to bowl.

Hours:

10 a.m. – 11 p.m. (Monday – Thursday, Sunday), 10 a.m. – 12 a.m. (Friday – Saturday)

Location:

341 Marsland Dr, Waterloo, ON N2J 3Z2

Now that you know about the many options, you should try them out. Whether you’re with friends, by yourself, or on a date, get out there and explore all that Waterloo region has to offer! There are many experiences you wouldn’t want to miss out on.

First-year frequently asked questions: Answers to your most pressing questions

Carla Stocco, Contributor

Uncertainty, fear, disorientation — feelings every student wandering on campus today experienced in their first year of university. Whether you're heading to university straight after graduating high school, getting back into studies after a break or transferring to UW, there are plenty of questions that arise as you prepare for classes this fall. You can take comfort in knowing that every other incoming student before you also had a million questions running through their mind but many of them went on to do great things during their time at UW and after graduation, and so can you! We've compiled a list of first-year students' burning questions so you can get a head start on getting to know the UW campus and all it has to offer.



FAQ: I don't understand the difference between WatIAM, Quest, Learn — and what's DUO 2FA?

WatIAM is used to manage account settings, including your username and password. The WatIAM password is the same as your password for all other accounts, so logging into WatIAM to set up a password recovery email is a great idea! Quest is UW's student information system, where you can view program applications, course selection, class schedules, grades, and set yourself up for 'Fees Arranged' status for the term. Learn is where you can view and access course material posted by your instructors and submit assignments. DUO 2-factor authentication adds a second layer of security to your accounts.

You will be prompted with a push notification on your phone, (if using the

app) or receive a text code to enter and then be approved access to the website.

The IST Service Desk offers free technical support and assistance on these matters, from guiding you to set up WatIAM accounts to making changes and enrolling in DUO 2-factor authentication. You can find the IST Service Desks located on the main floors of the Dana Porter Library and the Davis Centre Library, and at the front desk of Village 1 residence. You can also get in touch with them over email (helpdesk@uwaterloo.ca) or by phone (519-888-4567, ext. 44357).



FAQ: What can I do with a WatCard and how do I get one?

The WatCard serves as your primary piece of student identification, your debit card for on-campus food purchases (if you've added funds to the card), your U-Pass that allows full-time students to take unlimited rides on the GRT bus and ION light rail systems, your library card, and your gym pass. After completing the application process for your WatCard and picking it up at Needles Hall (in the The Centre at the WatCard Office), you can add funds to your card as meal plan money or Flex Dollars (which can be used at on and off-campus vendors accepting WatCards).

FAQ: What's an academic advisor and how can they help me?

Remember your high school guidance counselor? Think of your academic advisor as someone similar, but with specific knowledge on your program, course requirements, specialization options, and general go-to person for undergraduate education planning. Each faculty and program has a different set of assigned advisors, the contact details of whom can be found by searching your program name or the name of your academic advisor on the UW website.

FAQ: Where can I go to workout?

Ready to workout any lingering first year nerves and get those endorphins pumping? The Physical Activities Complex (better known as PAC), is located at the heart of the UW campus, making it a convenient spot for a sweat sesh. WatCards are used to gain entry into the facility (if you forget your WatCard, you are allowed in without the card once per term). Free day-use lockers are available, though you must bring your own lock, or you can rent a locker for the term by visiting the front desk. Full size lockers at PAC are \$39 + HST per term or half-size for \$28.50 + HST per term. At PAC, you'll find weight machines, free weights, ellipticals, air bikes, treadmills, battle ropes, pull-up bars, and nearly anything else you can think of! Still not enough? PAC also boasts a climbing wall and swimming pool or you can head to UW's second gym, Columbia Icefield (CIF), to access more squat racks, cardio equipment, an ice rink, and a full-length football field. Download the Warrior Rec app for the most up-to-date facility operating hours and program offerings.

To Do:

- Meet up with academic advisor
- Attend power yoga class at PAC
- Apply for WatCard
- Update résumé
- Organize room
- Tour UW, find out where classes are



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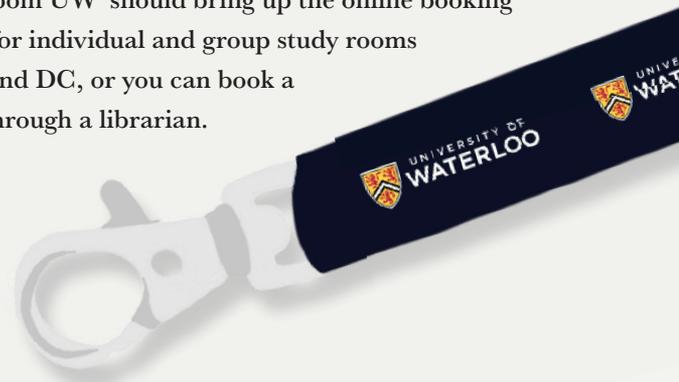


FAQ: What are some good study spots on-campus?

Of course, the libraries at UW are likely top-of-mind for most students looking for an accessible, quiet study location. Don't mind a little background noise? The Student Life Centre (SLC) has many tables and nooks and corners for students to lounge and study. The Quantum Nano Centre (QNC) building has tables overlooking the Peter Russell Rock Garden and lecture rooms in many buildings, such as Hagey Hall or the Science Teaching Complex (STC), can be used as study locations when not in use.

FAQ: How many libraries are on campus? How do I sign out books?

There are two main libraries on-campus. If you're studying or living near Renison, the Lusi Wong Library is another, much smaller library located in the Renison building. St. Jerome's also has its own library! Most UW students would point you to either Dana Porter (DP) library or the Davis Centre (DC) library. Both locations have countless books and journals available for signing out (both in-person and online access through UW library portal Omni), desktop computers, and plenty of study spaces. DP boasts five floors dedicated as study areas: floors seven and eight for silent study, six and nine for quiet study, while the 10th floor is equipped with group study tables. A quick Google search of 'book a study room UW' should bring up the online booking portal for individual and group study rooms at DP and DC, or you can book a room through a librarian.



FAQ: Where can I go for support for myself or for a friend?

The transition to university life can be difficult. Even the brightest, most sociable students can find themselves struggling in the face of such novelty and competing academic deadlines. You're never alone — UW has countless mental health resources and people who can help. Looking to book an individual or group counseling session? Contact Campus Wellness to book your visit at 519-888-4096. Another option is Empower Me, a virtual, confidential mental wellness line available to students 24/7. Upon creating an account on UW's Student Care website, you are granted quick access to professionals who can assist with issues ranging from depression, financial struggles, relationships issues or food insecurity. In situations where yourself or others are unsafe, UW Special Constable Services offers emergency services on campus 24/7 at 519-888-4911. Before feelings of anxiety or stress overwhelm you, consider joining a club or sports team to meet like-minded individuals and build your community.

Feeling more confident in your ability to enjoy and thrive at university? It's important to be gentle with yourself as you settle into your classes this fall. Get to know life on-campus! The people you'll meet will help you grow and your time at UW will enable you to develop skills, be it resiliency or study habits, that you'll come to use in every facet of life.



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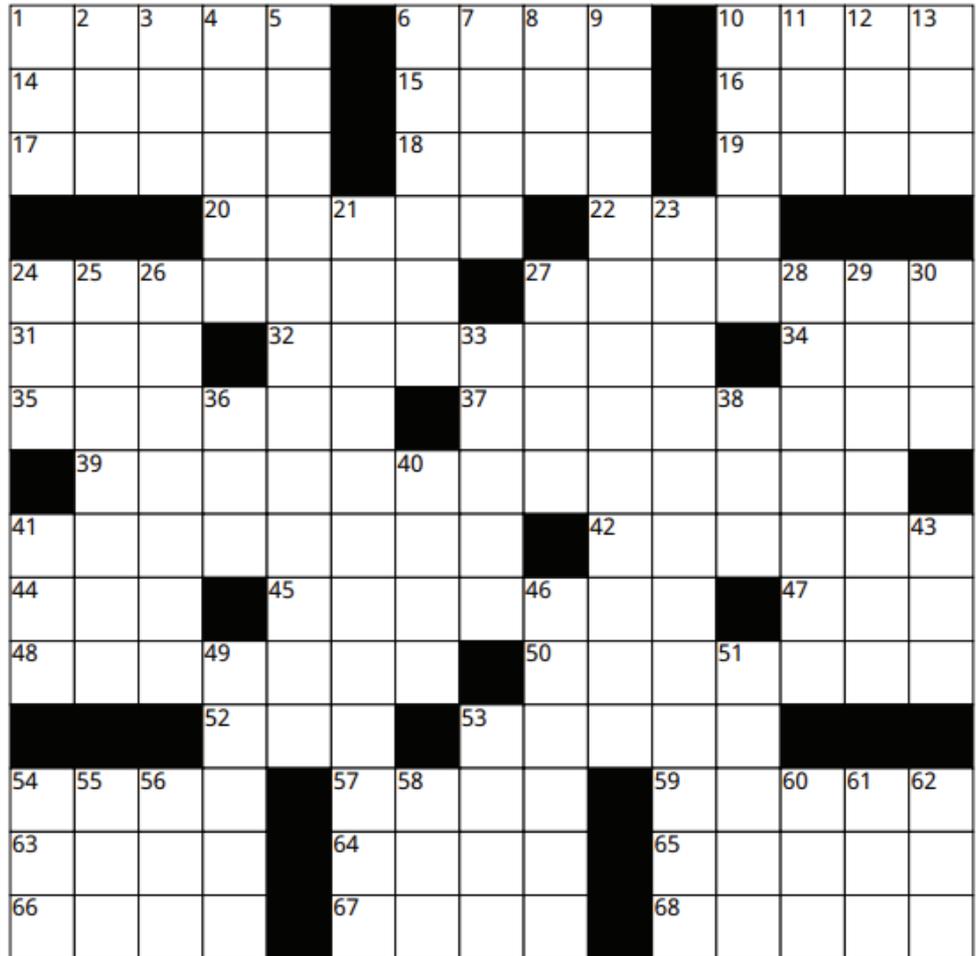


Orientation crossword

Zoe Cushman, Contributor

ACROSS

- 1 Cornmeal flatbread
 6 Raw values within statistics
 10 UW's student-run 2SLGBTQ+ support centre*
 14 Polo or tee
 15 WUSA's program for those in the UW community who come from abroad (abbreviated)*
 16 Raine who has made music for Minecraft, Celeste, Deltarune, and others
 17 Open-source game engine
 18 "___, vidi, vici"
 19 Staple grains
 20 WUSA's peer support program with a Wellness Lounge*
 22 ___-mo replay
 24 Do battle (three words)
 27 One course worth 0.25 credits at UW (two words)*
 31 To broadcast
 32 Having no definite direction
 34 Needles for whom the building that houses AccessAbility Services is named*
 35 Flexible
 37 Papal, like 45A
 39 One of three First Nations groups upon whose land UW resides*
 41 Showy-crested parrot
 42 Fit for farming
 44 Muhammad known as 'the Greatest'
 45 Cardinal's vestament (two words)
 47 Swiss peak
 48 Flower symbolic of romance (two words)
 50 Brings back on board, as an employee
 52 Colony-dweller insect
 53 Epic tales
 54 Surrealist Salvador
 57 Revise
 59 Untied
 63 ___ of March (anniversary of a famous assassination)
 64 Was a passenger
 65 Entices
 66 Career skills program for those not in co-op*
 67 Courts, as a lady
 68 Snatch



DOWN

- 1 Replica firearm for sport (abbreviated)
 2 Letter following pi
 3 Either of two Islamic holidays
 4 Teaser ad
 5 One of three First Nations groups upon whose land UW resides*
 6 Redirect
 7 Passes with flying colours
 8 Canadian athletic broadcast channel (abbreviated)
 9 One of three First Nations groups upon whose land UW resides*
 10 Melancholy
 11 Meadow
 12 UW's province (abbreviated)*
 13 Used to be
 21 Some focus group members (two words)
 23 Rooms where many UW courses take place* (two words)
 24 Space between two things
 25 Opening for lubrication (two words)
 26 Like some salts
 27 Surveillance supercomputer in the Watch
 Dogs video games (abbreviated)
 28 Video game health tracker (two words)
 29 Dombasle or Vandenburg
 30 Notoriously challenging French high school exam
 33 ___ excuse for... (two words)
 36 Razor-billed seabird
 38 One ___ million (two words)
 40 Junction point
 41 Standard passenger vehicle
 43 Short albums (abbreviated)
 46 Speaks, as a story
 49 WUSA's anti-racism and anti-xenophobia student-run service*
 51 Has left the office, say (two words)
 53 Team
 54 Six- or twenty-sided game piece
 55 Put two and two together
 56 Limb to stand on
 58 A female deer, as the song goes
 60 Source of iron or gold, in Minecraft
 61 One source of table salt
 62 Subject for many international students (abbreviated)

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