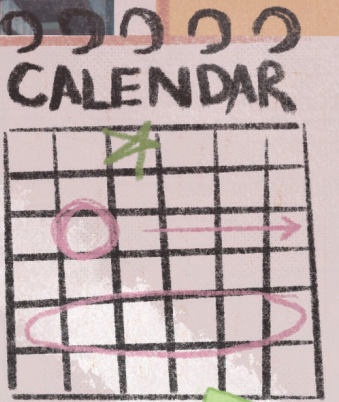




Imprint

Your Stories, Your Voice

Orientation 2025
Volume 3 Issue 1



Finding love in the
land of midterms
and co-op
P14

Don't be stranded
on campus: KW
transportation
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First year
survival guide
from our team
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Letter from the editor

Thea East, Senior Editor

While you arrive at UW to start your first year of university, I'm sure you have some understanding that this moment is important — that whatever is about to happen next will be pivotal in your life's trajectory. As someone who is going into their last year of their undergraduate program (hopefully), I want to let you in on a little secret: whatever you think the next four or five years of your life is going to look like, forget it.

If I can give you one piece of advice that I had to learn over the past three years, it would be to learn how to change your mind and adapt without letting it stop you from enjoying this time in your life. Things may not always work out the way you want them to — maybe you don't get the co-op job you were hoping for, failed your first midterm, or realised that the program or even the school you're in isn't where you're supposed to be (speaking from personal experience here). It can feel hopeless or overwhelming, but all you have to do is pivot, make a new plan and keep going. However, at the end of the day, don't let the woes of university become your whole life. Yes, you are all incredibly smart and are going to run the world one day, but until then, live a little — it won't kill you.

While the uncertainty of the coming years may feel overwhelming, you must take comfort in knowing that you are not experiencing this alone. You are figuring everything out with thousands of other students going through the same things. Find people that make the struggles of university easier and more enjoyable. And even if you don't find *your people*, find *something* that brings you passion and excitement outside of your studies. Join a society or work for WUSA, sign up for fitness classes you've never tried before, or if you love writing, come and find out about *Imprint*, your student publication. We are here to bring light to issues affecting students, share what is happening on your campus, and hold the people making decisions that will affect you accountable. While this is a special issue, designed to give you a window into university life and answer some questions you have, you will see an *Imprint* magazine issue appear across campus every month filled with stories written by students just like you. So whether you have a passion for journalism and want to come write or design for us, or you just pick up a new issue each month, I hope that we serve you, the student body, in our mission to share your stories and your voices.



Senior Editor Thea East

Veronica Reiner

Best

hidden food spots

on UW's campus

Thea East, Senior Editor

The Funcken Café

Hours: Fall and winter term, 8:30 a.m. - 5 p.m. | Spring term, 9 a.m. - 3 p.m.

If you are a student located on main campus, you may not venture onto the university college campuses on the other side of Ring Road very much. However, if you are looking for an aesthetic spot to study or grab lunch, you need to try the Funcken Café. Located on St. Jerome's campus, the café provides cozy seating options and a delicious menu for whatever you're craving. The menu includes organic coffees, specialty drinks including iced chai teas, and matcha lemonades, as well as delicious pastries and sandwiches for a perfect snack or meal in between classes. Additionally, this summer the Funcken Café has added a house-made matcha cheesecake to the menu for anyone who loves all things matcha. If you begin frequenting the café, you might find yourself becoming a Funckenite and should consider joining their loyalty program where you can redeem points to receive discounts on your order. Pre-ordering is also available on Insta Shops or on their website. You can visit the Funcken Café in the fall and winter semesters between 8:30 a.m. and 5 p.m., and during the spring semester between 9 a.m. and 3 p.m.

ML Diner

Hours: Fall and winter term, 10 a.m. - 3 p.m.

This food spot is hidden away in the basement of the Modern Languages (ML) building, but I recommend you wander down there if you are looking for some hearty food that will fill you up during those long days on campus. The ML Diner is famous for its all-day breakfasts, milkshakes, Warrior burgers, and poutine but it offers many other snack and beverage options as well. The ML Diner is a good place to stop for lunch if you have classes far away from the Brubakers Food Court in the Student Life Centre (SLC) or if you have been studying in the Dana Porter (DP) Library. While the ML Diner is not open during the spring semester, you do get to enjoy the all-day breakfast through both the fall and winter semesters between 10 a.m. and 3 p.m.

Math CnD

Hours: All terms, 8 a.m. - 5:30 p.m. from Monday to Thursday, 8 a.m. - 4 p.m. on Friday

The Math Coffee and Donut (CnD) shop is owned and operated by the Math Society at UW, and is one of the most affordable places on campus to pick up food and drinks. While the name lists coffee and donuts, don't let that deter you from looking to find your entire lunch for under \$10 at the shop! Located on the third floor of the Mathematics and Computer (MC) building, which is directly opposite the SLC, the Math CnD houses a wide selection of food to supply any craving. Alongside a large selection of brand snacks and beverages, the CnD also provides freshly made pastries, muffins, soups, sandwiches, sushi, samosas, and incredibly delicious garlic knots. Additionally, there are pre-made meals in tubs ready to be warmed up and eaten. If you manage to go early enough in the day, you can try their daily specials before they run out as there is limited stock. A particularly popular day is Mondays when they sell macaroni and cheese. You can visit the Math CnD through all semesters between 8 a.m. and 5:30 p.m. from Monday to Thursday, and from 8 a.m. till 4 p.m. on Fridays.



Iqra Majeed

The Market, UWP

UW residence dining halls

While many first-year students will quickly familiarize themselves with their residences' dining hall if they are staying on campus, it is not common knowledge that students can eat at any residence dining hall during their first year and even after moving out of residence in their upper years as well. Residence dining halls are a great place to get a filling and nutritious meal on campus and are open later than some non-residence food spots. If you are looking for the widest selection of food, you might want to stop by The Market, which is UW's largest residence dining hall, located in Claudette Millar Hall at the University of Waterloo Place (UWP). All the other residences also provide rotating hot meals, snacks, and drinks that you can purchase with either your WatCard, debit card, or credit card. It is important to remember that different dining halls may have different open and close times, so be sure to check before you go somewhere new.

Flock Stop

Hours: 24 hours every day, with some exceptions

It may not be the first place you think of when deciding where to get your lunch or dinner but the Flock Stop, like the Math CnD, sells more than just snacks and drinks. There are many options for hot and ready-to-eat meals such as an assortment of curries, pasta, and chicken teriyaki. There is also sushi and fried dump-lings available as well. If you are looking to add a refreshing sweet treat to your meal, you can also purchase slushies at the store. So, while you may be tempted to just turn to the tried and true Tim Hortons opposite the Flock Stop in the SLC, I implore you to try out all that this little WUSA-operated shop has to offer. It is open 24 hours every day, with some exceptions around holidays and the end of term.

Grad House

Hours: 9 a.m. - 9 p.m. from Monday - Tuesday,
9 a.m. - 10 p.m. Wednesday - Friday

The Grad House is a pub situated on the UW main campus between South Campus Hall and the DP Library, and is interestingly a part of Waterloo's architectural history as the building itself was originally constructed in 1898 as the Schweitzer Farm House. Many undergraduate students don't know that the pub is not limited to graduate students but is open to all students at UW. Anyone is welcome to enjoy the Grad House along with its rooftop seating, live music, and their refreshing beverages and food. This food spot is also good for students who have dietary restrictions as all the chicken they serve is halal and they serve many vegan and vegetarian options. For students aged 19 and older, the pub also has a cocktail menu with affordable alcoholic beverages.



Ansh Dhingra

ES Coffee Shop

Hours: 10 a.m. - 5 p.m. from Tuesday
to Friday

The ES Coffee Shop is a student-run, non profit café with affordable prices located in EV1-138. They serve tea, hot chocolate, chai lattes, hot and frozen matcha lattes, as well as baked goods and bagels. Prices range from \$1 to just \$5.50. The coffee sold in this shop is roasted in the Waterloo region and is Rainforest Alliance-certified. WatCard is not accepted here — cash, credit and debit is.

Flock Stop, SLC

Failing: So it's not the end of the world?

Carla Stocco, Staff Writer



Failure. It's a word many of us associate with feelings of shame and loss. In a world that places success as the pillar to a meaningful life and defines it as the bedrock of happiness, it becomes even more essential to push ourselves to reach success. You have likely felt the pressure to achieve top grades during your high school courses, hoping to give yourself the best possible shot at a university admission. Other times, when what we're pursuing doesn't have as clear an outcome, we may ironically fail to consider if the success we're chasing is something we truly want. Even if it is, we may fall prey to the traps of perfectionism and self-defeating coping mechanisms, and become ashamed of the many failures that can arise along the road to any meaningful accomplishment. Whether it happens when you flunk your calculus quiz, forget to submit your paper on Waterloo Learn, or find out your significant other moves on to a new beau, know that there's always possibility beyond failure. Failure and the ability to rise beyond it are often the skills that will benefit you long after completing your undergraduate degree.

Reimagining failure

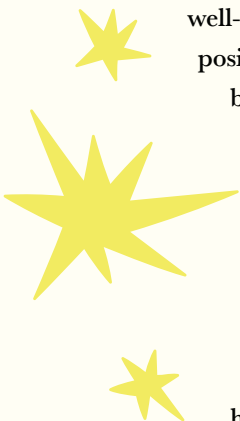
If we measure our worth and joy by the number of successes we attained, what happens when difficulties arise and failure inevitably shows up? During your first year at university, give yourself the grace to grow accustomed to the new environment you're in and acknowledge that change is tough. The body and mind need time to adjust to unfamiliarity. An article from Psychology Today sheds light on the possibility of failure representing a new kind of success. Rather than seeing success as the direct road to happiness, research continually suggests that true joy is driven by "purpose, relationships and growth." In fact, the article suggests that "embracing the courage to try matters more than achieving a specific outcome." Psychology

professors Sonja Lyubomirsky and Ed Diener, well-regarded for their research in the field of positive psychology, found that the emotional boost that follows success "is short-lived" — reaching new levels of achievement appears to lose its spark shortly after as happiness fades back to earlier levels. Meanwhile, individuals who have known failure along the road to accomplishment wound up reporting higher levels of happiness and emotional well-being. Awards

and job titles aren't drivers to true fulfillment. It is the ability to overcome failure that enables us to grow beyond what a path of continual triumph could ever allow.

Failing to succeed? Overcoming academic challenges

One of the clearest and most common indicators of failure is apparent in the realm of academia: grades. Academic feedback and grading instantly let us know how "successful" or "unsuccessful" we are. Rather than focus solely on grades as indicators of success, recognize that a significant part of learning involves trial and error. Although striving towards high academic accomplishment and studying for your exams is essential at university, what is also key is not letting one bad grade or even one failed course lead you to giving up or seeing yourself as a failure. Fourth-year science student Dakota Atkinson reflected on how failing a prerequisite course early on in his undergraduate career changed his perspective on failure and success. This challenge wound up teaching Atkinson more about how failure is inherently a part of every person's journey towards success. His experience with failure helped him connect with his peers, and enabled him to further his future academic success. After failing a difficult chemistry course, Atkinson learned to prioritize tough courses over his preferred courses and confide in classmates



for support. Perhaps most importantly, he found that many of his most successful friends who are in graduate school and pursuing PhDs all failed a course or two, some even failing the same course he did.

As you progress through your first-year courses, keep in mind that it takes time to develop the study strategies that work best for you and that experiencing academic challenges along the way is not evidence of any shortcoming. Rather, allow difficulties to inspire you to develop innovative ways of learning and seek supportive relationships.

Enduring heartbreak and relationship 'failures'

Feelings of failure aren't limited only to the realm of academics. Through your time at UW, you're bound to meet those who will uplift you and inspire you and those who will ghost you, forget you, or intentionally or unintentionally hurt your feelings. Other friendships may fade as you or a friend get caught up in the whirlwind of university life or move away to different cities or countries to find that next big career break. Whether you experience heartbreak or the loss of a close friendship in your first year or further down the line, know that: the loss of a relationship that mattered to you will ache, but it does not define your worth.

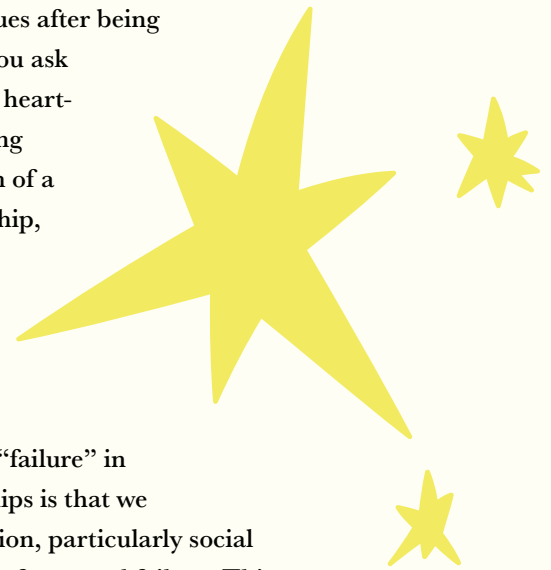
As said by inventor Alexander Graham Bell, when one door closes, another opens. Yet, as Bell emphasizes, we tend to look with such regret and longing at the door that has shut and we fail to see the door that has opened for us. Love and relationships can be both the source of immense joy and ironically, the source of much emotional turmoil and rejection. Atkinson echoes this sentiment, encouraging and provides a word of encouragement. "It may take time and often self-reflection, but you will find your people [...] Just because a friendship or relationship failed to keep going doesn't necessarily mean you failed as a person. Some things just aren't meant to be."

Whether it's

the feeling that ensues after being brushed off when you ask someone out or the heartache that lingers long after the dissolution of a long-term relationship, there's no denying breakups and rejection can feel like failures. The interesting part of "failure" in our close relationships is that we so often treat rejection, particularly social rejection, as a kind of personal failure. This reaction is embedded in our evolutionary roots. As social beings, we're hardwired to seek belonging and group cohesion to support our survival. Our brains also experience the pain of social rejection much like physical injury — both kinds of pain are processed in the same brain regions. As a result, it's important to acknowledge heartbreak or feelings of rejection. Likewise, it's also key to prioritize self-care and move forward with the knowledge that we can always develop new relationships and continually seek meaningful opportunities for connection.

Transcending failure in the classroom and in relationships

What if your next failed paper or heartbreak wound up being the fuel for your biggest accomplishment? Acknowledging failure, leaning into discomfort, connecting success to trying, and enjoying the process are all ways of effectively turning failure into fuel for success. The psychological theory known as control theory proposes just that. Control theory is built around the belief that the negative emotions that accompany failure are drivers towards later success. Shame and lethargy are defined as low arousal emotions that can reduce motivation to overcome failure and often emerge in the face of defining yourself by your failure. On the other hand, high arousal emotions like envy and defiance, when channelled towards determination to make positive changes in your life, can drive success.



1. Acknowledge failure

The first step to move beyond failure involves doing the hard work of sitting with your negative feelings. An article from CBC describes a study in the *Journal of Behavioural Decision-Making* that suggests when we take responsibility for failure, rather than engage in self-protective cognitions such as inventing excuses for why we fell short, we're more likely to succeed the next time. Acknowledge where you went wrong — it's the first step to making different choices that provide better outcomes.

2. Lean into discomfort

Just as control theory advises, feel your negative emotions following failure. The key is to avoid leaning into feelings of shame and indifference and instead allow negative emotions to motivate you to persevere. A great example of this can be thought of when heading to the gym to work out when feeling angry about a breakup. Channel your anger or envy into goals and use it as an inner fire to keep going.

3. Connect success and trying

The courage to try with no guarantee of success can appear daunting. Yet when we remove success as a required result of trying, we're more likely to find fulfillment, regardless of whether we win the race or not. When it comes to academics, find study strategies that promote your success. Whether it's rewarding yourself with a treat after studying for an exam, hosting group study sessions with your peers, or listening to classical music, find the approaches that make learning more enjoyable and you just might find success organically.

4. Enjoy the process

As per the article from *Psychology Today*, when we can enjoy the journey towards achievement, burnout becomes less common. Remember that “[if] you're pursuing something you don't actually enjoy doing, even ‘success’ can feel like failure.” Aim to stay process-oriented and pursue your studies and activities not only for what you want to accomplish, but because you enjoy what you are learning.

Sometimes you'll struggle to find the words to begin your 10-page paper or flunk your biology assignment. Along the way you'll learn about yourself and develop the learning strategies that support your success. As Atkinson attests, “Your degree is not a race. This is an important time in your life both professionally and personally, so it is vital that you prioritize your personal well-being.”

The Ring Road Roundup



Sign up for *Imprint's* newsletter

Your guide to mental health resources at UW

Radha Vyas, Contributor

Coming to university for the first time can be overwhelming — you're meeting tons of new people in an unfamiliar environment, while facing new academic and financial pressures. Mental health is deeply personal and support shouldn't be one-size-fits-all.

That's why UW offers so many ways to seek support for mental well-being. Whether you're looking for therapy, someone to talk to, help after hours, or accommodations that reflect your experience, this guide highlights the mental health resources available on campus, online, and beyond.

Campus Wellness

Campus Wellness provides both Health Services for physical health and Counselling Services for mental health. It offers individual therapy, mental health assessments, group programs, and crisis appointments to UW students. Counselling here is confidential and free, and includes brief, single session and ongoing counselling for whatever best suits your needs. Moreover, Campus Wellness offers proactive workshops and support groups to help students build emotional resilience. These include mindfulness sessions, stress management training, assertiveness workshops, and sessions for specific communities such as 2SLGBTQIA+ or racialized students.

WUSA Mates

Sometimes, it's easier to talk to another student. That's where Mentor Assistance Through Education and Support (MATES) comes in. It is an ideal service for undergraduate students looking to talk through academic stress, relationship issues, loneliness, or general life concerns in a relaxed setting. MATES, run by Wa-

terloo Undergraduate Student Association (WUSA), offers one-on-one support from student volunteers. They're not professionals, but they're trained to listen and can help connect students to other resources when needed.

Empower Me

For students who need support outside of business hours or who prefer a remote or multilingual setting, Empower Me is a 24/7 mental health service provided through UW's Studentcare health plan. It is accessible even during co-op terms and holidays. Here, students can speak with licensed counsellors, psychologists, and life coaches. No referral is needed. Appointments are typically available within 24 hours and urgent sessions can also be arranged when necessary.

Here 24/7 and Good2Talk

If you need to talk to someone urgently or outside UW hours, helplines are available around the clock. These helplines are perfect for students who may not know what type of help they need, are feeling emotionally unsafe, or simply want to talk through a moment of distress without judgment. Here 24/7 is a helpline that offers mental health, addiction, and crisis services in the Waterloo-Wellington region. Good2Talk is a free helpline for Ontario post-secondary students offering confidential support and service referrals.

AccessAbility Services

This service provides customized academic accommodations for students with documented mental health concerns. To access accessibility support, students must submit documentation from a licensed professional

and complete an intake meeting to create a support plan. Accommodations may include deadline extensions, modified exam formats, reduced course loads, or assistive technology.

The Doro app

Students looking to manage their mental health independently can download Doro, a wellness app developed by a UW student. It offers daily check-ins, mood tracking, CBT-based journalling prompts, and skill-building resources. Doro is available to all students through UW's recommended app platforms. It's ideal for those who want to track their well-being over time or supplement other forms of care.

Multi-Faith & Spirituality Resource Team

Not all students seek therapy — some prefer support rooted in spirituality, faith, or cultural identity. UW offers connections with chaplains representing many faiths, including Christianity, Islam, Judaism, Hindu, and Sikh. The team supports students of all (or no) faiths through direct, private conversations grounded in personal belief systems. To connect with a chaplain directly, students can email the faith coordinator that aligns with their tradition or interest. These contacts can be found by visiting <https://uwaterloo.ca/multi-faith-spirituality-resource-team/contacts>.

In addition to one-on-one chaplaincy support, UW provides a wide network of inclusive, accessible multi-faith spaces across campus where students can pray, meditate, reflect, or simply take a quiet moment. These are open to all students regardless of religious background. Some may require booking or may have limited access based on the time or building policies — students are encouraged to check their availability in advance. Current locations of multi-faith spaces across campus can be found by visiting <https://uwaterloo.ca/multi-faith-spirituality-resource-team/multi-faith-spaces-campus>.

Emergency support

There are plenty of emergency options available for students experiencing suicidal thoughts, safety concerns, or intense emotional distress. Additionally, Campus Wellness helps with post-crisis follow-ups when needed.

Contact Information

Campus Wellness

Counselling Services Location: Needles Hall (NH), second floor
Health Services Location: Health Services (HS)
Phone (for both): 519-888-4096
Email: counselling@uwaterloo.ca
hsforms@uwaterloo.ca (non-urgent only)

WUSA Mates

Location: UW, SLC 3102
St. Jerome's University, Sweeney Hall 1012
Renison University College, Link Inclusion Lounge 1401
Email: mates@wusa.ca

Empower Me

Counselling available via phone, video and in-person. Download the 'Dialogue' app and register using Waterloo credentials.

Here 24/7 and Good2Talk

Here 24/7: 1-844-437-3247:
Good2Talk: Call 1-866-925-5454 or text GOOD2TALKON to 686868.

AccessAbility Services

Location: Needles Hall (NH), Room 1401
Phone: 519-888-4567 ext. 35082
Email: access@uwaterloo.ca

Emergency Support

UW Special Constable Service (24/7): 519-888-4911
General emergency (Police/EMS): Dial 9-1-1
St. Mary's General Hospital: 519-744-3311
Grand River Hospital: 519-749-4300
Talk Suicide Canada (24/7): 1-833-456-4566 or text 45645
Suicide Crisis Helpline: Dial 9-8-8

Back to school songs to settle into the fall semester

Sophie Smith, Contributor

Fall is my favourite time of year on campus. After a long summer, the temperature starts to cool and the leaves change colours. Fall awakens with a palpable energy of curious minds unknowing of all that is yet to come from their time here. For returning students and especially those who are just starting their journey at UW, the transition into the fall semester can be daunting. To help welcome this new phase, here's a playlist of some of my favourite back to school songs.

"Semi-Charmed Life" by Third Eye Blind

I was reintroduced to this song last year while walking through the annual club fair held in the SLC. As I took in the many different clubs offered, this song was blasting and I felt like I was in the opening scenes of a university film. Ever since, every time I hear it I picture myself back there at the heart of UW, packed into a crowd of people eager to find their community.

"Growin' Up" by Bruce Springsteen

Being a die hard Springsteen fan my whole life, his songs have carried me through every phase of my life and have always been a source of comfort. I could not help but include this nostalgic song that encapsulates the universal experience of claiming one's identity and making your place in the world.

"3 Sisters" by Waxahatchee

Another nostalgic song by one of my all-time favourite artists, starting slow and gradually building tension before an explosive chorus, this song feels like being gently woken up in my childhood home. For me, my favourite lyric, "It plays on my mind, how the time passing / Covers you like a friend" reflects on the beauty of growing older and longing to savour as much of life as possible.

"There She Goes" by the La's

Every time I hear this song I feel like I am the main character in a coming-of-age film. There is something so nostalgic and comforting about it, serving as the perfect background music to romanticize your walk on campus. If fall was a song, it would be this one.

"Death of the Phone Call" by Whatever, Dad

This odd little French song about a swordfish losing their telephone is perhaps one of the softest, coziest tunes. It is perfect to add to a study playlist or to listen to when you want to feel like you are getting a warm hug from a loved one.

"I Wanna C U" by Blood Orange

Another one of my study playlist favourites, this song is simply beautiful and makes for a lovely background music that helps keep me calm and focused even in the trenches of midterm season.

"Juna" by Clairo

So easeful and groovy, "Juna" is another song I love to listen to while studying and one of my favourite Clairo songs ever. With its airy vocals and reflective lyrics on a connection so intimate it feels instinctual, it simply invites the listener to be soothed.

“Hope You’re Happy” by Emeryld and EARTHGANG

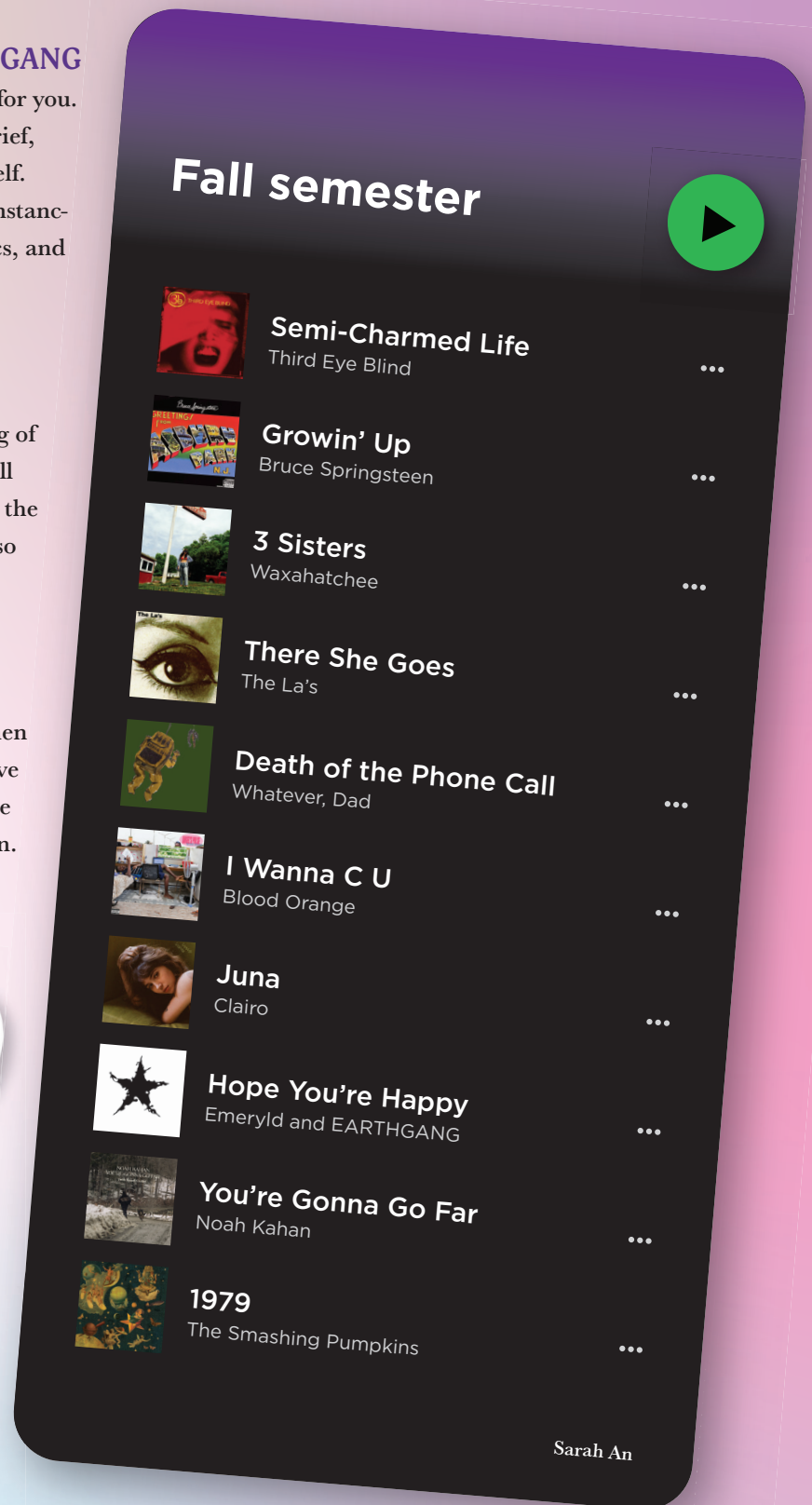
If you need to mourn your situationship, this might be for you. This song reflects on relationships, personal growth, grief, and the complexities of attempting to understand oneself. The struggle of finding happiness amid evolving circumstances and expectations are themes encapsulated in its lyrics, and of many of our experiences starting university.

“You’re Gonna Go Far” by Noah Kahan

I find this song perfectly captures the bittersweet feeling of moving on into a new and unfamiliar part of life with all the fear and excitement that comes with it. It dwells on the hardships of leaving a beloved place or people while also celebrating what lies ahead.

“1979” by The Smashing Pumpkins

Lastly, here is another song that is just not the same when listened to at any other time of year. “1979” is one I have on repeat every fall, nostalgic for the carefree innocence of childhood when the future feels far off and wide open.



Find the Spotify playlist by scanning through the app!



Dating as a UW student: Finding love in the land of midterms and co-op



Emma Danesh, Staff Writer

When you first think about dating at the UW, your mind probably doesn't immediately jump to cute dinners and fairytale romances. Let's be real: UW has a reputation and it's not for being Canada's most romantic campus. This is the school known for brutal midterm schedules, a co-op grind that has you packing up your life every four months, and entire evenings spent in the DC Library hunting for an available outlet. If you feel like everyone around you is more focused on debugging code or solving integrals than making eye contact across a lecture hall, you're not alone.

But here's the thing: dating at UW is still very much a thing. Even if our unofficial mascot might as well be a stressed-out goose and not cupid, people here still manage to form connections — some casual, some serious, and some somewhere in between. So if you're wondering whether you'll be able to balance school and a social life (or even a romantic one), take a breath. There is definitely room for fun, flirting, and figuring out what you want.

The reality check

First, it helps to understand the environment you're stepping into. UW students tend to be ambitious and busy. With so many programs structured around co-op, you might be spending a few months on campus for a study term, relocating for a co-op job the next term, then coming back to campus again. That constant cycle can make it tricky to build continuity in any relationship. Additionally, a lot of people here really do treat academics as their top priority and that's okay — you're not doing it wrong if you want to put school first.

Still, that doesn't mean dating is impossible. It just requires a little extra intentionality. You should be upfront about your schedule and realistic about how much time you can commit. Whether you're into something casual or you're hoping to find your soulmate, clarity saves a lot of frustration down the line.



Dating apps: The good, the bad, and the algorithm

Let's talk about the obvious: dating apps. If you ask around, you'll find that most UW students have at least experimented with them. Tinder, Bumble, and Hinge are the big three on campus.

Dating apps can be a lifesaver if you're swamped with course work and not keen on striking up conversations in the SLC Tim Hortons line. They let you pre-filter for interests and intentions, which is a huge plus in a campus community that often feels like everyone is operating on different wavelengths. One of the most common reasons students use dating apps here is practicality. You might only be in Waterloo for a term or you might be juggling so much that you can't rely on spontaneous meet-cutes. Apps streamline the process and help you get to the point.

That said, there are a few things to watch out for. Ghosting is not uncommon, especially when exams hit. People's availability fluctuates widely with co-op and academic deadlines. You could match with someone who's here for four months and already has one foot out the door. Some students are looking for hookups, others want something serious — don't assume you're on the same page. If you're not, ask early.

One pro tip: take your photos somewhere that isn't your dorm room or the SLC atrium. Show that you have hobbies beyond studying. A lot of profiles look very similar so break the mold with a picture of you playing intramurals, hiking at RIM Park, or even just holding a Waterloo landmark coffee in a slightly less basic pose.



IRL opportunities to meet people

Apps aside, there are still plenty of old-school ways to meet people. You might have to be a bit more proactive but UW has clubs, intramural sports, and societies for pretty much every interest. Joining something you're genuinely excited about is probably the most organic way to get to know people without the pressure of explicitly dating.

If you live in residence, you'll also find that friendships and sometimes relationships start there. Whether it's hanging out in the common room or just walking to class together, proximity has a way of making connections happen. Even if it doesn't lead to romance, you'll at least come away with a stronger social circle.

It can also be worth checking out events hosted by the Waterloo Undergraduate Student Association (WUSA), which often puts on mixers, themed nights, and other gatherings. The faculty societies, like MathSoc and EngSoc, also host social events ranging from semi-formals to academic support sessions, opportunities where meeting new people feels natural rather than forced.

Balancing dating and everything else

Even if you do meet someone great, it's normal to worry about balancing school, work, and a relationship. Time management becomes your superpower. One piece of advice you'll hear a lot is to treat your romantic life with the same intentionality you treat your studies. If you know you'll have back-to-back deadlines, let the other person know ahead of time. Most people here get it.

You'll also learn that it's okay to go slow. Not every connection has to escalate quickly. Some relationships thrive on seeing each other once a week and texting in between. Others are more intense. Whatever the dynamic, be upfront so no one feels neglected or overwhelmed.



A culture of focus but also fun

Yes, UW has a reputation for being academically focused. That doesn't mean you have to resign yourself to a purely transactional life of lectures, labs, and LinkedIn updates. You're allowed to make time for fun, and dating can be part of that.

If you're worried about how you "should" be dating in university, remember that there is no single correct way. Some students are in committed, long-term relationships. Others are exploring casually. Some people are happiest being single. The important part is to figure out what works for you, and not feel pressured to conform to anyone else's timeline or expectations.



Final thoughts

Dating at UW might look different than it does at other schools but that's not a bad thing. The reality of midterms, co-op terms, and relentless ambition doesn't erase the possibility of meaningful connections. In fact, it sometimes makes them even more rewarding. When you know someone understands the chaos you're navigating, it creates a bond that feels real.

So whether you're swiping right, chatting in a club meeting, or just walking back from a late-night study session with someone who makes you smile, remember that there's no need to rush or force anything. Dating is just one part of your university experience. As long as you approach it with honesty, respect, and an open mind, you'll find that even at UW there's plenty of space for both learning and love.

Navigating through Waterloo and nearby cities

Radha Vyas, Contributor

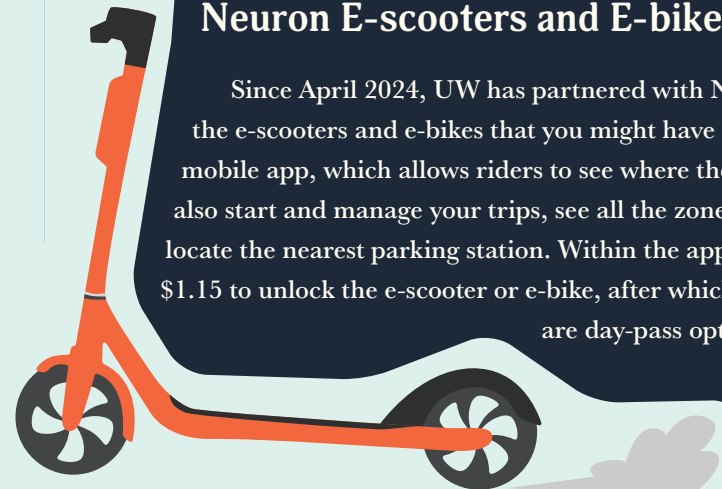
Hello fellow Warriors! Having stepped foot on Waterloo grounds, now is the time to figure out how to navigate through the city. Worry not, as this guide will increase your understanding of the various transportation modes available within Waterloo region and nearby areas.

GRT



Let's start off with Waterloo's city-wide transportation system, the Grand River Transit (GRT). GRT offers bus services connecting the cities of Kitchener, Waterloo, and Cambridge. Additionally, the ION light rail is a rapid transport system under the GRT, connecting Fairview station in Kitchener to Conestoga station in Waterloo, with 19 stops in between. Both of these transport systems are easily accessible through the bus terminals right here at UW, beside Engineering 7 (E7). Eligible students are able to ride the GRT as many times as they want using their Watcard, given that the fee for the U-Pass program has been paid through Waterloo's billing process at the beginning of the term. Additionally, for students with disabilities requiring transportation accommodations, MobilityPLUS is GRT's accessible transportation system, and can be paid for through the U-Pass program. Students must provide proof of enrolment in full-time studies, and will then be given a paper pass for the MobilityPLUS service at the beginning of each month. If you have chosen to opt out of the U-Pass program, the fare price for a single ride is \$4. Alternatively, you can choose to pay \$3 with the EasyGO fare card, which can be purchased at the Turnkey desks located in either the Student Life Centre (SLC) or the Davis Centre (DC).

Neuron E-scooters and E-bikes



Since April 2024, UW has partnered with Neuron mobility for the e-scooter and e-bike program. These are the e-scooters and e-bikes that you might have seen around campus. The rentals are managed via the Neuron mobile app, which allows riders to see where the nearest e-scooter or e-bike is located. Within the app, you can also start and manage your trips, see all the zones that you are allowed to ride in, and after your trip is over, locate the nearest parking station. Within the app, you are also able to see the fare rates per ride — the charge is \$1.15 to unlock the e-scooter or e-bike, after which you are charged \$0.39 per minute you ride. Additionally, there are day-pass options which give you unlimited rides for a set price. Note that you are only allowed to ride the e-scooters and e-bikes along Ring Road and certain trails listed on the app, with no entry allowed into the university parking lots and pathways.

GO buses and trains

Going home for the weekend, or just as a part of your daily commute, GO buses and trains are a lifesaver. The GO bus system at Waterloo offers direct transit to various parts of the GTA, such as Bramalea station, Union station, and Highway 407. Additionally, GO bus stations can be accessed right here at the UW bus terminal, beside E7. GO trains are another option for a rapid, enjoyable ride. The Kitchener GO train, which has its station located in downtown Kitchener, stops at

multiple stations between Kitchener GO and Union station. GO buses and trains use the Presto card system, where a certain amount is charged depending on the length of your trip. There are also options for weekend passes, which go for a \$10 fare price for unlimited rides during the weekends.



FedBus

An alternative to the GO transport system is Waterloo Undergraduate Student Association's (WUSA) very own transport system for UW students, the FedBus. The FedBus connects the GTA and London to UW, with departures scheduled for every Friday from the DC front entrance on Ring Road, and returns on the Sunday of each week. Tickets can be purchased through the Turnkey desks at SLC or DC, or alternatively online via fedbus.wusa.ca. Schedules of departure can also be viewed directly at fedbus.wusa.ca.

Taxi services

The Waterloo Region offers a variety of local taxi services for individuals looking to get around the city. Some of these include United Taxi, Waterloo Taxi, and Golden Triangle Taxi. The initial meter fare is \$3.50, and \$2.50 is charged per kilometre. All charge a flat fee to go to the airport, ranging from \$110 to \$130. Alternatively, Uber and Lyft are also possible means of getting around the city.

FlixBus

An affordable bus service that includes free Wi-Fi, power outlets, and leg space. FlixBus offers services in Canada, U.S., Europe, Brazil, Chile, India and Mexico. There are two bus stations and stops in Kitchener, including on Weber Street West. and Homer Watson Boulevard. From there, you can get to Toronto for about \$20.

FIND OUT MORE!
GOWARRIORSGO.CA

FINDING A WAY TO MOVE THAT YOU



Take care of your
mental health



Perform
academically



Build social
connections



Develop
life skills



Improve your
physical health

ATHLETICS & RECREATION

GET ACTIVE WITH WARRIOR REC

- » Aquatics
- » Clubs
- » Disc Golf
- » Esports
- » First Aid Courses
- » Fitness Memberships
- » Golf Simulator Bookings and Memberships
- » Instructional Programs – Dance, Martial Arts, Skating and Climbing
- » Intramurals
- » Making Space (Equity Deserving Groups) Programming
- » Move Your Mind
- » Open Recreation includes Badminton, Basketball, Skating, Swimming, Soccer, Volleyball and more!
- » Personal Training
- » Rock Climbing Memberships

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WARRIORS FOOTBALL



BLACK AND GOLD DAY

SATURDAY, SEPTEMBER 6
KICK OFF 1:00 PM / WARRIOR FIELD

VS



CARLETON

ORIENTATION CARNIVAL

11:00 AM / LOT W

WARRIORS FOOTBALL



HOMECOMING

SATURDAY, SEPTEMBER 20
KICK OFF 1:00 PM / WARRIOR FIELD

VS



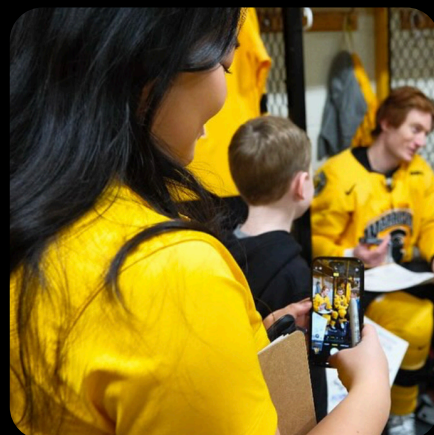
QUEEN'S

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\$15**

**LIMITED EDITION
STUDENT PACKAGES**

PARKING LOT PARTY

11:00 AM / LOT W



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Orientation

B

Participate in a UW orientation week event

Make a friend outside of your program

Explore Waterloo Park

Exercise at either PAC or CIF gym

Go to a restaurant in Kitchener

I

Find your favourite bubble tea place in the UW plazas

Drop by the *Imprint* office

Check out all the libraries on UW campus

Take a walk at Victoria Park

Join a WUSA Club

N

Attend an on-campus sports event

Visit the Earth Science Museum

Free space

Go to St. Jacobs Farmers' Market

Study at an outdoor space on campus

G

Take a hike at Laurel Creek Conservation Area

Practice interviewing for co-op with a friend

Find out which Indigenous territory you are situated on

Talk to three different clubs at Clubs & Societies Fair

Subscribe to *Imprint's* newsletter

O

Visit one of UW's satellite campuses

Explore a cafe in Uptown Waterloo

Finish a crossword from the back of an *Imprint* magazine

Take a selfie with a goose (from a safe distance)

Create a playlist for the term

How to play *Imprint's* Orientation BINGO:

Take a photo for each activity. If you get BINGO (five consecutive squares) for a vertical, horizontal, or diagonal line, tag us on Instagram @uwimprintmedia with your photos or email us at editor@uwimprint.ca. Winners will be entered for a raffle prize! See our Instagram for more details.

Sexual health services for students at UW

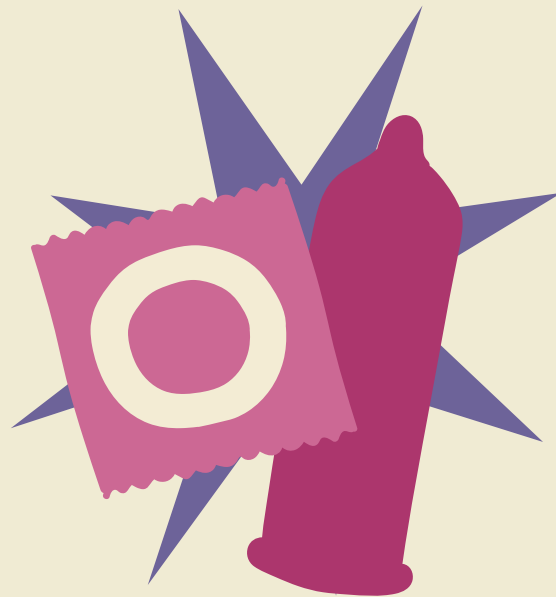
Thea East, Senior Editor

While discussing sex, relationships, and sexual health may sometimes be an uncomfortable conversation to have, it is important to be well informed and educated on these topics, especially in a university or college environment. UW has many resources and supports available to students to ensure safety for everyone on and off campus.

UW associate director of Clinical Services Tabitha Zindel discussed some of the most important aspects of sexual health that students should be aware of if they are planning to be sexually active. One important topic that should be brought up with a partner is the possibility of pregnancy, and if you are not planning to conceive, how you will be preventing pregnancy. An equally important topic that should also be openly discussed when deciding to be sexually active with someone is the possibility of sexually transmitted infections (STIs). This conversation should involve how you plan on preventing STIs, for which Zindel suggests the use of condoms. Additionally, if you or your partner are sexually active with multiple individuals, it is important to get tested to ensure you have not contracted an STI. Zindel added that even if you do not have multiple partners and have been in a long-term monogamous relationship, you should still get tested regularly, even if you do not have any symptoms.

Pregnancy prevention and STI testing and prevention are all important parts of sexual health, but it can be confusing to know where to go to receive these services. Conveniently, UW's Health Services provides all of these services to students and are available right on campus.

Condoms are available in some bathrooms across campus and students are encouraged to help themselves. If students are looking for alternative or additional types of contraceptives, an appointment can be made at Health Services with a nurse practitioner or doctor to get access to items such as birth control patches and IUDs. If you are unsure of your options, students can also make an initial appointment with a nurse to discuss contraception. Additionally, different types of contraception are covered under the student health care plan, although the amount of insurance coverage is dependent on the contraception type.



Students can get STI testing done at Health Services and can be treated by the providers on campus if needed. Zindel noted that students will not be able to be tested for STIs immediately after unprotected sex. “For the common [STIs], you have to wait a week or so before you can get tested — for it to actually be present. For the less common ones, like syphilis and HIV, those [have] longer incubation periods, so it could take several months before it actually shows up in the system,” Zindel explained. To make an appointment, students can currently either call, go in person or fill out a form for those who cannot call due to accessibility reasons. Health Services is working to provide online booking services in the future, however there is no definitive timeline for this yet.

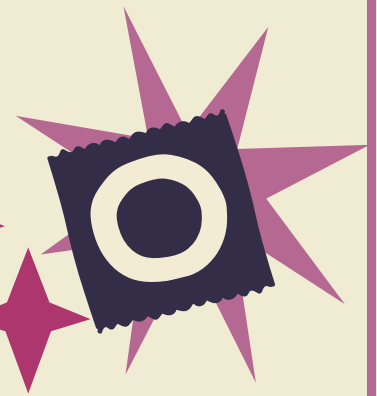
Understanding the physical aspect of sexual health is incredibly important, but other parts of sex and relationships must equally be discussed. The Sexual Violence Prevention and Response Office (SVPRO) works to prevent sexual violence through education and responds to situations where someone might need help after experiencing sexual violence. SVPRO education coordinator Stacey Jacobs raised the importance that people know the SVPRO is not just for students on the main campus, but for all members of the UW community, including faculty and students at satellite campuses and students away on co-op. Anyone is encouraged to reach out to the office for support if they think they have experienced sexual violence. Jacobs also explained how it is common for people to not know whether what happened to them is “bad enough.” Everyone is encouraged to reach out to the office for support regardless of if they are sure the SVPRO is the right place to turn to, as the response coordinators at the office will put people in contact with the right support services.

For many students and other members of the UW community, reaching out to the SVPRO may seem scary or overwhelming. This is why Jacobs encourages students to disclose any type of harm to a friend or a trusted leader, if they feel comfortable, who can support you as you reach out to the SVPRO. “Sometimes just having that other person with you really does help you feel more safe and more comfortable... we really are encouraging students to support one another as well,” Jacobs said.

Another important aspect of sexual violence prevention that Jacobs explained, which is particularly important for students and especially in their first year, is understanding and being aware of the Red Zone. The Red Zone is the period between orientation week and Halloween where students are most likely to experience sexual violence. This is due to students being in a new and unfamiliar environment, an increased sense of nervousness, peer pressure, and potential first exposure to alcohol which makes students during this period particularly vulnerable. The SVPRO trains student leaders within the UW community on how to support students during this time so that first-year students can feel more comfortable and safe. Some things students can do themselves to increase their safety during the Red Zone is to go with a trusted group when venturing to a party or a bar and use substances responsibly, particularly if you are trying alcohol or drugs for the first time. Furthermore, if you see someone in an uncomfortable situation and feel that you can intervene safely then do so. More information on bystander training can be found on the SVPRO website. Jacobs added that people are often raised to fear strangers and that sexual violence will most likely be from a stranger on the street, however, it is much more likely that harm will come from an acquaintance at a party or an ex-partner for example.

While many things that can be done to increase safety, it is also important that the blame and responsibility is not all put on the victim as consent is a crucial part of safe sexual practices. Consent has to be voluntarily given, reversible, engaged, and clearly informed. Jacobs explained how if everyone practises consent throughout their interactions in the day, it will become more natural to give and receive it when in a sexual setting. For example, we can often find ourselves challenging people when they say no in our day to day interactions such as someone declining to go shopping as they have a lot of work to do but pushing them to accompany you anyway; accepting people’s consent or lack of consent in day to day interactions is a good way to build up the habit. Additionally, Jacobs discussed the importance of communication in giving consent. “Communication skills aren’t really taught often ... [it] is really needed for consent, and we know that communication means both verbal and non-verbal.” Consent can be given and received using words, but be aware of how your partner is acting and check in with them if their actions speak otherwise.

If you are in need of support from the SVPRO, you can reach out by email at svpro@uwaterloo.ca or through the intake form on their website. SVPRO is not a crisis centre. If you need immediate help, please contact one of the crisis support services listed on SVPRO’s website. If you are in need of immediate emergency assistance, please call 911.



“Communication skills aren’t really taught often ... [it] is really needed for consent, and we know that communication means both verbal and non-verbal.”

— Stacey Jacobs, SVPRO education coordinator

Student Politics 101

Veronica Reiner, Executive Editor

As a first year student, there's so much to wrap your head around when it comes to university life — you're (possibly) living on your own for the first time, meeting dozens of new people, trying to find your way around campus, all while trying to stay on top of your courses. Amid all this, it's easy to overlook one key part of the experience: student politics.

It's an important way to get involved. Not only because it looks excellent on a resume and develops your leadership skills, but because it allows you to shape your campus life for years to come — including how your tuition money is used, what kinds of events are hosted, what services are offered, and what policies are put in place.

Your student association, the Waterloo Undergraduate Student Association (WUSA) is run by a Board of Directors. UW itself operates under a bicameral governance structure, made up of a Board of Governors and Senate.

WUSA

As an undergraduate student at UW, you're automatically a member of WUSA. This means you can vote in elections, propose motions at the Annual Members' Meeting, and even run for a position yourself. Membership comes with perks, including discounts on transportation, food and drinks, and entertainment. Learn more at wusa.ca/deals.

WUSA is governed by a Board of Directors, which includes a president and vice president, and 11 at-large directors. They meet monthly in the Student Life Centre in room 1103 to review and establish policies, as well as report on advocacy issues. These meetings are open to the public (space is limited), and livestreams on the @yourwusa YouTube page. Meeting agendas are typically made public on WUSA's website about one week before each meeting.

For the 2025-2026 term, the board includes president Damian Mikhail, vice president Remington Zhi, and directors Katie Traynor, Merochini Manohar, Rida Sayed, Samir Sharma, Iman Khan, Skyler Duggan, Muhammed Kanji, Mélanie Bouzanne, Arya Razmjoo, Andrew Chang and Rory Norris. You are encouraged to reach out to them with any concerns you feel WUSA should address, or if you'd like to speak or participate in a meeting.



There are also board committees, including ownership consultation, governance, advocacy positions, elections and referenda, audit, academic affairs, and strategic and long range planning.

There are plenty of ways to get involved, from chatting with a director, attending a meeting, joining a committee, to running for a director position. Job and volunteer opportunities are regularly posted on WUSA's website.

"You could join a club on campus, or join your faculty program society," said Michael Cimetta, administrative officer at WUSA. "There's so many different student groups under the umbrella of WUSA that it's easy to get your start in."

WUSA elections typically take place in February, and members are elected for 12 month terms: spring through the following winter. You can run for a WUSA position in January by filling out a nomination form and getting the appropriate amount of signatures – ranging from minimum 25 for directors to 100 for president and vice president. Voting usually takes place online in mid February.

Board of Governors

The Board of Governors is responsible for overseeing UW's operations, including its property management, finances and business affairs. This board has the authority to appoint or remove the UW president, grant and revoke tenure, establish and collect fees, impose penalties and fines, and more.

The University of Waterloo Act, 1972 Act prescribes that there are 36 voting board members. At press time, there were four vacancies. Governors are a mix of community leaders, staff faculty, students and alumni. Members include chancellor Jagdeep Singh Bachher, president Vivek Goel, Waterloo mayor Dorothy McCabe, Kitchener mayor Berry Vrbancovic, regional chair Karen Redman, Audrey Basdeo, Linda Blair, vice-chair Teresa Fortney, chair Murray Gamble, Bilal Khan, Brian Lipskie, Tracey Primeau, John Saabas, Andre Hladio, Terry Mundell, Saheza Pardhan, Dan Eber, Nasser Abukhdeir, Achim Kempf, Neil Randall, James Skidmore, Jennisha Wilson, Nancy Heide, Catherine Dong, Avery Akkerman and Nicholas Pellegrino.

Meetings are open to the public and scheduled for the following days:

Oct. 28, 2025

8:30 a.m. to 5:30 p.m.

Needles Hall 3407 and Zoom

Feb. 3, 2026

8:30 a.m. to 5:30 p.m.

Needles Hall 3407 and Zoom

April 14, 2026

8:30 a.m. to 5:30 p.m.

Needles Hall 3407 and Zoom

June 3, 2026

8:30 a.m. to 5:30 p.m.

Needles Hall 3407 and Zoom

Anyone interested in attending in person or online are asked to register in advance through email to board@uwaterloo.ca by 12 p.m. on the day of the meeting.



Needles Hall North Entrance

Via University of Waterloo

Senate

The Senate is responsible for academic programs, educational policies, faculty appointments and tenure, qualifications for degrees and diplomas, appointing the chancellor and conferring honorary degrees.

Senators include faculty members, undergraduate and graduate students, alumni, governors and administrative staff, including chancellor Bachher, president Goel, dean of health Lili Liu, dean of arts Alexie Tcheuyap, dean of engineering Mary Wells, dean of environment Bruce Frayne, dean of mathematics Jochen Koenemann, dean of science Chris Houser, along with about 80 other members. The full list is available on UW's website.

The Senate carries out responsibilities through committees that bring forward recommendations in scheduled meetings throughout the year. Anyone interested in attending an open session of Senate meeting can do so by emailing senate@uwaterloo.ca by 12 p.m. on the day of the meeting.

Meetings are scheduled on the following days:

Sept. 22, 2025

3:30 p.m.

Needles Hall 3407 and Online

Oct. 20, 2025

3:30 p.m.

Needles Hall 3407 and Online

Nov. 24, 2025

3:30 p.m.

Needles Hall 3407 and Online

Jan. 26, 2026

3:30 p.m.

Needles Hall 3407 and Online

Mar. 2, 2026

3:30 p.m.

Needles Hall 3407 and Online

April 6, 2026

3:30 p.m.

Needles Hall 3407 and Online

May 4, 2026

3:30 p.m.

Needles Hall 3407 and Online

June 8, 2026

3:30 p.m.

Needles Hall 3407 and Online

Wait... Am I covered for this?

A guide to your UW student insurance

Ananya Muralidharan, Contributor

Have you ever broken a bone doing a party trick? What about getting a cavity filled after shotgunning one too many chocolates over the holiday season? Do you find yourself going to the optometrist every year for a new prescription? These expenses can quickly add up but luckily, your UW student insurance can help you through all these situations and more.

As part of your student fees, you are eligible for insurance coverage through three main programs.

The first is Studentcare (soon to be rebranded under the name Alumo), which provides the Health and Dental Plan available to UW undergraduates. According to WUSA, the plan has over 24,000 enrolled students every year and is their most used service. It is offered to all full-time and part-time students, international students, co-op students, and students on exchange.

The Health and Dental Plan provides a wide array of benefits, such as drug prescriptions, naturopathic doctors, massage therapists, medical equipment, glasses and contacts, dental work, and mental health support. There's over \$10,000 available for prescription drugs and health practitioners, \$350 in vision coverage, and \$750 in dental coverage.

The Health and Dental Plan also includes travel coverage if you are on an exchange term or an out-of-province or international co-op term. Travel coverage exists up to 150 days per trip and has up to a maximum of \$1,000,000 per lifetime in the event of a medical emergency and coverage during your travel.

Furthermore, as a result of a motion passed at WUSA's 2024 Annual General Meeting, WUSA will now also be looking into including comprehensive coverage for gender-affirming care in future iterations of the plan. More details will be revealed about these changes in the coming terms.

The second program is Empower Me, a free mental health service available either virtually or in person on campus 24/7, 365 days a year. Empower Me allows students to receive immediate or scheduled care on campus through mental health professionals. To make an appointment, you will need to navigate to the Dialogue mobile app and first make an account. Appointments can be made within 24 hours of booking, and you are able to get support in an array of topics, such as depression, anxiety, substance abuse, disordered eating, and interpersonal conflict. The third program is the Legal Protection Program, which aims to provide advice and legal service coverage on issues regarding academic rights, co-op and employment, and housing and tenancy. The program also provides financial aid to help with legal representation fees, and can be accessed by first filling out an online Support Form through the Studentcare website.

Opting out?

But what if you're already covered under a separate health or dental plan, such as a parent's or spouse's plan? If you do not want to use the Studentcare Plan, you have the option of opting out during a Change-of-Coverage Period that typically occurs in the first month of every term. In order to opt out of the health portion of the plan, you need to provide proof of coverage by an equivalent health plan. Note that only having provincial health care does not qualify as proof of coverage to opt out. For the dental portion of the plan, you can opt out without submitting proof of equivalent dental coverage. Opting out can be done by filling out an online form on the Studentcare website, where you will be prompted to also submit your proof of coverage if required.

While opting out, you will still have to pay all your student fees at the start of the term. Once your request to opt out is processed at the end of the Change-of-Cov-

erage Period, the amount you paid to be included in the student plan will be reimbursed to you. If you're on a co-op term, you will have to wait until your next academic term to opt out.

Opting out of the Legal Protection Program is an easier process since it is an optional service, and can be done when paying your fees, through the "opt out" service on UW Quest.

How exactly do I claim my benefits?

Navigating your insurance can be overwhelming, especially if it's your first time using your own coverage. "I had to go online and figure out a lot of things myself. And then on the off chance that I ran into an upper year student and they had some time, they would explain things to me," says Haya Kharouba, a third-year communications student who has experience utilizing her Studentcare insurance. "If I knew all that I know about insurance now when I was in first year, I feel like I would have gone through a much easier time with health and insurance work." This chart to the right will guide you on how to claim your benefits.

Where can I go with questions, comments, and concerns?

Even the best insurance plans can have aspects that you might have questions and comments about. When asked about suggestions she had for the student insurance plans at UW, Kharouba said, "I wish there were more tutorials where they walk you through [claiming your benefits]. I was so surprised to see how much access we have to our insurance and how much people don't know. It's so upsetting."

If you have further questions and concerns like this, you can participate in numerous WUSA surveys conducted to improve upon the student insurance programs.

"We also gather feedback on our plans related to program renewals and coverage reviews. In 2024, we ran a feedback survey on the Legal Protection Program, and earlier this year we collected feedback on the Studentcare Health and Dental Plan," said WUSA in a statement about the feedback system for student insurance. "We plan to collect more feedback on the plan this fall, in 2025."

So the next time you need to visit the doctor to nurse a sprain, feel the onset of a cavity coming on, or find yourself in a sticky legal situation, remember that your student insurance has you covered!

A simple guide for how to use the insurance included in your student fees:

Health and Dental Plan — Wide array of services offered. Three ways to claim are available:

- Presenting your Pay-Direct card during time of payment. This card can be found on the Studentcare website, and contains your student insurance information required for billing
- Pay upfront during time of payment and submit receipts online for reimbursement through the Securian Canada website
- Pay upfront during time of payment and mail in Claim Forms (available on the Studentcare website) to Securian Canada

Travel Insurance — Included in your Health and Dental Plan.

- Ensure that you are carrying your Securian Canada Travel Health Passport while travelling (available on the Studentcare website) as proof of coverage
- To claim, contact CanAssistance at the following numbers to begin the process (Canada & United States: 1-888-852-2419, local: 1-514-904-4730)

Empower Me — Free mental health services available 24/7, 365 days a year. To access, navigate to the Dialogue mobile app.

Legal Protection Program — Legal counselling and services available for students.

- To access, fill out an online Support Form on the Studentcare website
- Opting out can be done when paying fees on Quest

WUSA WELCOME WEEK

SEPT 8-12

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Exclusive to Waterloo undergraduate students. Events are subject to change. Visit wusa.ca/welcomeweek for the most up to date details.

Where should you get involved on campus?

Andie Kaiser, Staff Writer



“Get involved!” It’s what everyone says when you’re starting university, and getting involved can indeed play a huge role in helping you settle into this new chapter. But with so many options and extracurriculars, deciding where to begin can feel a bit overwhelming. That’s why we’ve made this quiz! Answer the following questions and tally up your results, and you’ll be given some pointers on what opportunities at UW might be a fit for you.

1. How did you get involved in high school?

- a. A sports team/intramural
- b. Student council
- c. An arts-related club or group

2. How do you spend your spare time?

- a. Being active (sports, exploring outdoors, etc.)
- b. ... studying?
- c. Learning a new skill or taking on a project

3. What are you looking for in an extracurricular?

- a. An opportunity to get out of the house (or library)
- b. Connecting with other people in my major
- c. A distraction from studying

4. When joining new things, what’s your commitment level?

- a. I want commitment to something that will become part of my routine
- b. As long as it doesn’t interfere with school, we’re good
- c. Just something casual, maybe a drop-in structure

5. Are you looking for a social opportunity?

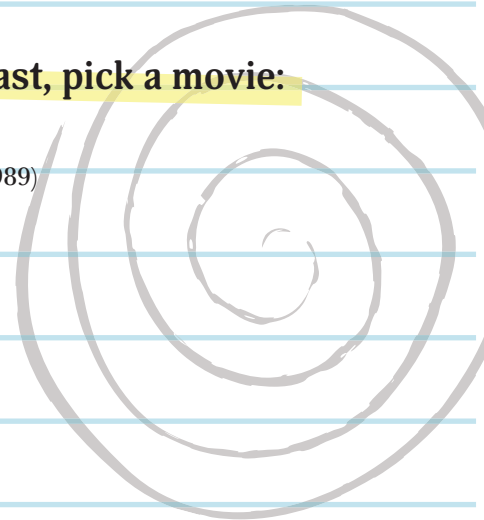
- a. Sure! But I want to be doing an activity while socializing
- b. It would be great to talk to other people about my studies
- c. I’m hoping to meet people from a variety of majors

6. You’re looking for somewhere to destress. Which place on campus is most appealing?

- a. The swimming pool or track
- b. One of the libraries
- c. Student Life Centre

7. Last but not least, pick a movie:

- a. Challengers (2024)
- b. Dead Poets Society (1989)
- c. Pitch Perfect (2012)



Mostly a - Try a sport or recreational program

If you answered mostly a, it sounds like you'd love to get involved in UW's athletics scene. There are lots of options here, no matter your level of expertise! There are intramurals ranging from soccer and beach volleyball to dodgeball and ultimate frisbee. You could also drop in on fitness classes or join instructional programs to learn something new like ballet, boxing, or even figure skating. We even have an e-sports community if that's more your thing. Information about all this and more can be found on UW's athletics website.

Mostly b - Join WUSA or an academic club or society

Based on your answers, you're determined to be an academic weapon. Lucky for you, there are lots of groups dedicated to just that (or for those who simply want to meet other people in their program). You might want to start by checking out some of UW's academic societies such as the Math and Engineering Societies, the Environment Students' Society, Arts' Student Union, Association of Health Students Undergraduate Members, Science Society, and many more. If you want something a little more casual, there are a number of clubs dedicated to more specific subjects such as Model UN, Pre-Med Club, Entomology Club, and Women in STEM (WiSTEM). If you're someone who was involved in student government in high school (or are curious about it now), you might be interested in the Waterloo Undergraduate Student Association (WUSA), which allows students to run for office in a number of positions.

Mostly c - Pick from one of the many hobby clubs

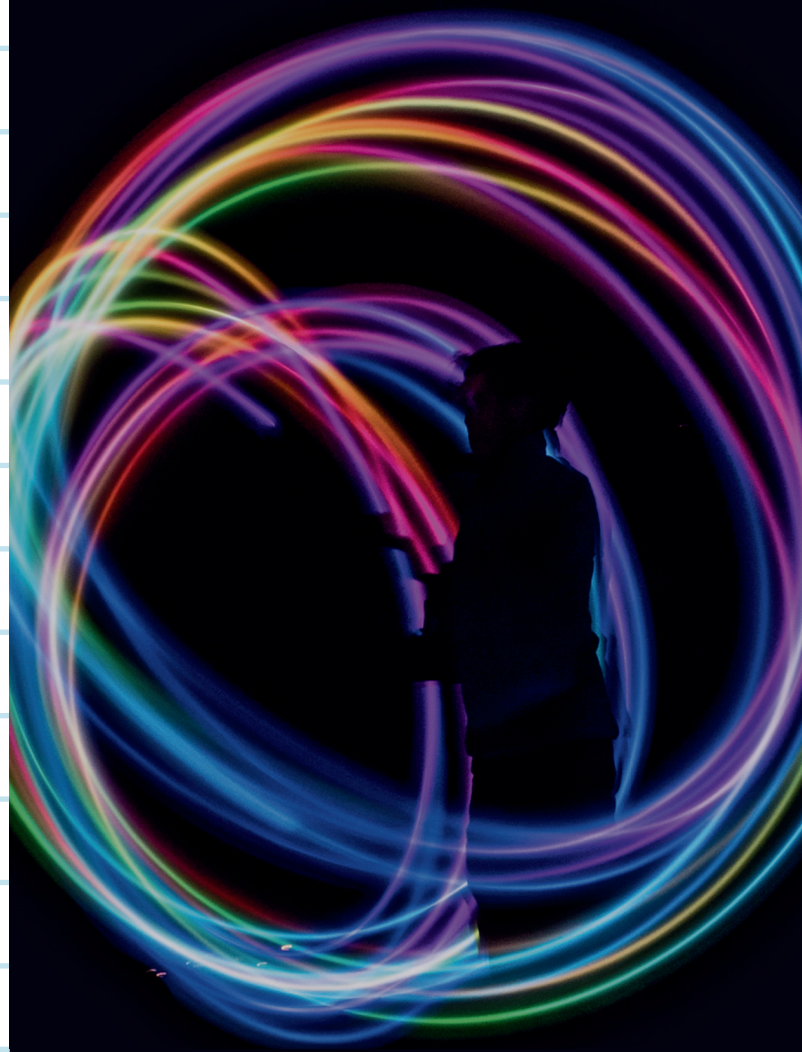
Want an opportunity to learn something new? Have a favourite activity you're hoping to bond with others over? There are hundreds of clubs dedicated to hobbies on campus, so you're sure to find something interesting! Maybe you're interested in music (check out the A Capella Club, AfroXDance Club, or UW Concert Band) or arts and crafts (check out Crafts 4 Charity, Fashion for Change, or the Photography Club). If gaming is more your thing, maybe try the Chess Club or Board Games Club. There are also several cultural clubs at UW (check out the Filipino Student's Association, Gujarati Student's Association, or the Black Association for Student Expression). Of course, there are also clubs that don't really fit into these categories: looking at you, Cheese Club.

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What is one piece of advice that you wish you received in your first year at UW?

Imprint Staff

Alex Mu:

Don't throw yourself into your studies as if your grades alone define your worth, I'm sure they matter to you, especially since you chose UW. Take care of your hygiene, eat properly, and prioritize both your physical and mental health. Socializing and staying active aren't distractions; one needs them to function properly. It'll feel overwhelming, but you're not meant to go through it alone. Join clubs, trauma bond over a course, and don't be afraid to try new things. You'll be surprised how much you grow just by showing up.



Andie Kaiser:

Pay close attention to which profs you enjoy (and which ones you maybe don't). The class subjects themselves are of course important, but I found that I had much better success when I focused on which professors I wanted to take classes with. Whether it's because you love their teaching style, feedback, or just seem to 'click' with them, it can be so rewarding to build those relationships by taking multiple classes with the profs you like.



Angela Li:

To first years: failing does not make you a failure, and don't be afraid to try something new if what you're doing isn't working out. Your beliefs, values, and situation in life will change throughout your time here. Maybe the program you're in ends up not being a good fit for you, or something happens in your personal life that impacts your mental or physical health. There is nothing inherently wrong with taking a break from school, changing your major, or even dropping co-op! What's important is that you should find what works best at UW for YOU, not anyone else. As for practical info I wish I'd known: you can take three terms off max without applying for readmission. Talk to your advisors first, but know that it's always an option if you ever need time away from school.



Arabella Hormillada:

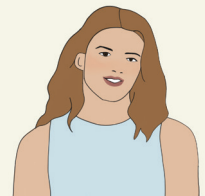
Make the most out of your first year as you can and say "yes" to the opportunities that come your way. There are so many new experiences you'll be indulging in, and it's a great time to try new things and discover what truly interests you. I found that by saying "yes," I really found my place at



UW, whether it was through meeting my core group of friends or getting involved in a club I've since devoted myself to over time. Making the most of my first year truly set the tone for the rest of my university experience. You only get to do first year once, so make sure you really make the most of the experience!

Carla Stocco:

I wish I had known that as I adjusted to university, I would find the program, people, and activities that are right for me. Be patient with yourself and love yourself enough to pursue what makes you happy. Find a hobby you love and pursue it regularly and work towards continual improvement. Believe in your capacity to learn new skills and work towards your goals, especially when it gets tough. You will come to find you are both stronger and more capable than you knew.



Cece Ndiwa:

One piece of advice I wish I had known going into my first year was to try as many new things as possible. Try clubs, activities, and talking to people you never did in high school because university is the best place to discover new things about



yourself. I also found that trying to get ahead of my coursework during the first few weeks of class helped keep me on top of my work if I ever fell behind.

Cynthia Yang:

One piece of advice I wish I received in first

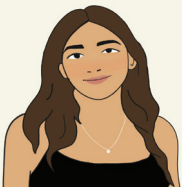
year is to get involved early whether it's through clubs, events, or just exploring campus. Joining clubs that sparked my interests helped me meet new people, build friendships, and expand my network beyond just my program. It also made campus feel a lot smaller and more welcoming.



Emma Danesh:

One piece of advice I wish someone had given

me in my first year at UW is to actually reach out to your profs and TAs when you're stuck, even if you feel embarrassed or like your question isn't 'worth their time. I used to think office hours were only for people who were failing or completely lost, but they're honestly one of the most underrated resources. Even if you just need help understanding a small concept or want to talk through an assignment idea, it makes a huge difference. Professors appreciate when you show initiative, and it can save you so much stress compared to trying to figure everything out alone.



Iqra Majeed:

The advice I wish I heard is to get involved around campus sooner. It's through joining clubs, applying for campus jobs, and



going to school events, that I felt some sense of community within the university. Follow clubs you're interested in and look out for events to attend between classes. You'll find your place within campus and a group of friends outside of your program to connect with.

Paul Sherk:

Say yes to things.

It can feel intimidating coming into first year and

stepping onto a campus with thousands of people you've never met before.

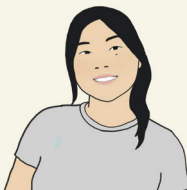
The unknown can be scary, but it's also where you grow the most. Trying new things and saying yes to activities you wouldn't otherwise agree to can open up your world to so many new experiences and allow you to meet and bond with so many new and interesting people. I have a lifetime of unforgettable memories from evenings I hesitantly said yes to and my only regret is not starting to say yes sooner. First year is a time to make the world your oyster and doing so will open up so many doors and improve your university experience 1,000 fold!

Create a schedule. First year can be quite overwhelming with everything that goes on in your academic life and extracurricular life and falling behind can be a slippery slope. Time management is one of the key things you learn in university and figuring that out is one thing I wish I learned early on. Mapping out the next week or month will help you manage your social and academic calendars and allow you to make the most of your time at university!



Sarah An:

Stay in tune with yourself. Every term seems to



go faster and faster, and I often went through the motions without truly reflecting on how I was feeling and what I wanted. It's so easy to get busy with all the new opportunities in university. Keep running forward but don't be afraid to slow down if you find yourself overwhelmed. For better or for worse, things will keep changing. Notice how you're feeling alongside those changes, so that you can better understand your internal processing and make any necessary adjustments early on.

Tiffany Wen:

Just go to class and pay attention. It saves so

much time from when you inevitably cram before exams and you absorb more information than you think. You get to meet people that'll help you study and who have the same interests as you. It helps you maintain a schedule and once you start with good habits, it's less difficult to be consistent with it. Go to class, get addicted to studying, read until you die.



Thea East:

While classes and clubs are important to dedicate time to, it is also

important to let yourself indulge in something you enjoy that has nothing to do with school. Whether that be reading sci-fi books, colouring, playing video games or crocheting, giving your brain a break from university and doing something that feels familiar can help to stay grounded especially during midterms and finals.



Orientation crossword

Zoe Cushman, Contributor

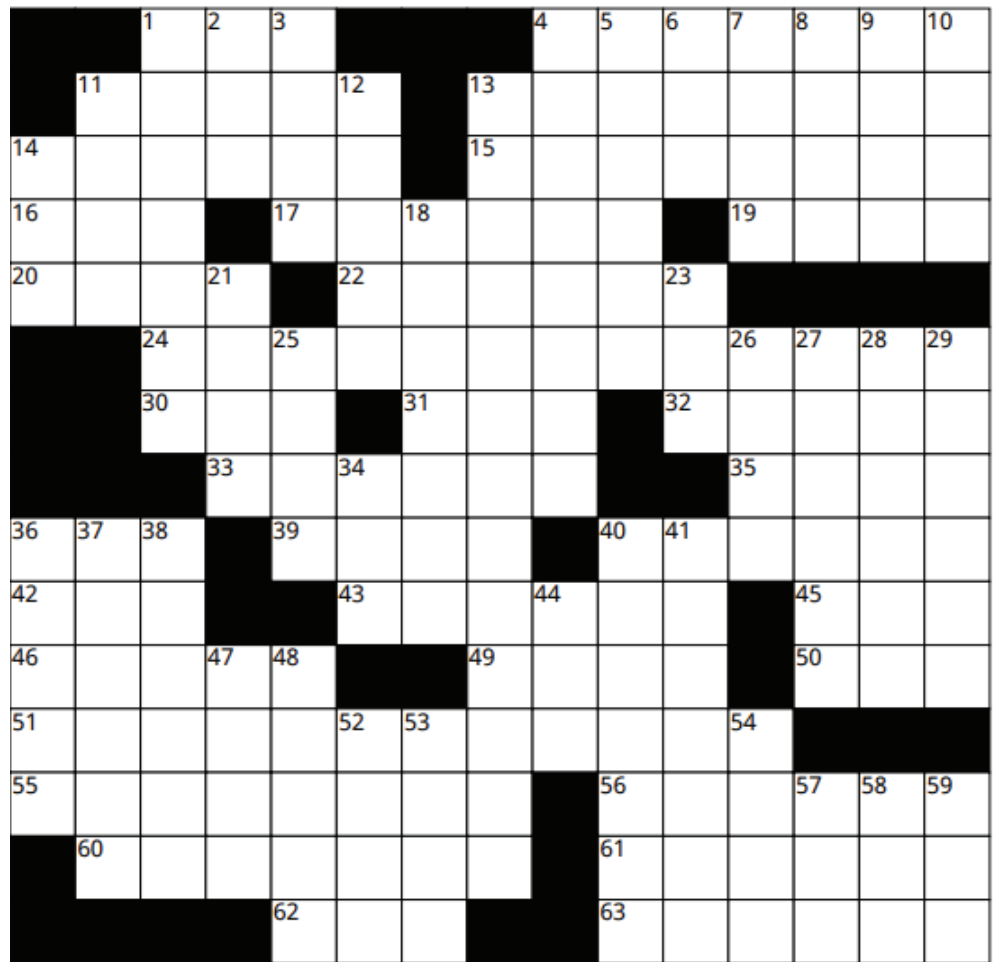
All clues beginning with a * are connected to the orientation theme.

ACROSS

- 1 Feline companion
 4 *24-hour desk in the SLC where students can book study rooms, buy train tickets, pick up food hampers, and more
 11 Reciprocal of sine (abbreviated)
 13 Connoisseur of beauty
 14 "Take your time!" (two words)
 15 Choice when deleting browsing history (two words)
 16 Poetic contraction
 17 Unleashed, with "on"
 19 Dunham, Reinking, and Skelly
 20 Functions
 22 McLaughlin, Akins, and Miller
 24 *UW organization that manages residences, including for first-years
 30 D&D's original publisher
 31 Cannabis product with a version that may be prescribed for medical purposes (abbreviated)
 32 Rabbit in a Beatrix Potter story
 33 Actor Wynn
 35 Chills and fever
 36 Elementary, one might say
 39 A lump in yarn
 40 *On-campus source of textbooks, spirit wear, and gifts
 42 Evergreen tree
 43 Shape of snails and springs
 45 Consume
 46 Audibly shocked
 49 Overdue, as an assignment
 50 Shampoo additive
 51 * ___ Veritate (UW motto, two words)
 55 Formal attire
 56 Relaxed (two words)
 60 *One of six at UW
 61 Ving who played Cobra Bubbles in the original Lilo & Stitch movie
 62 Alternative to rock, in terms of salt
 63 2006 Nintendo handheld console (two words, abbreviated)

DOWN

- 1 Fix, as a wrong answer
 2 *Academic society headquartered in AL (abbreviated)
 3 "___ of the D'Urbervilles"
 4 TV fundraiser
 5 Did before, but not anymore (two words)
 6 2006 Ontario legal document applying to renters
 7 Dragsters' organization (abbreviated)
 8 Voice actor of Judai Yuki in Yu-Gi-Oh!
 9 British boarding school
 10 Trees used for longbows
 11 NATO training centres (abbreviated)
 12 Sound made by birds and smoke alarms
 13 *Where UW students can go for academic accommodations
 14 Modern, in German
 18 Trigger, as strong emotions (two words)
 21 Canada's 'breadbox province' (abbreviated)
 23 "How's it goin'?"
 25 Notoriously unpleasant military rations (abbreviated)
 26 Spot on a bus
 27 "And So ___" by Billy Joel (two words)
 28 Kind of network in anatomy and AI



- 29 Welcomes
 34 Overhead trains (abbreviated)
 36 "Is that ___?" (two words)
 37 Someone exceptionally clumsy (two words)
 38 Brain protectors
 40 *Your student ID and bus pass, provided by the Centre in NH
 41 Detectives
 44 Canadian organization for hobby pilots (abbreviated)
 47 Civil rights group once led by M.L.K. (abbreviated)
 48 Hocus-___
 52 Part to play
 53 Raw values within statistics
 54 Restaurant offering
 57 "___ a man or ___ a muppet?" (lyric sung by *The Musical InterDudes* at Dash-Con 2 this past summer)
 58 Harden
 59 Linguistic suffix

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