

THE IBIO GAZETTE

iBioMed Society



zoom EDITION

Message from the iBioMed Society

On behalf of the iBioMed Society we'd like to welcome you back to another great year at McMaster and we hope you've had a wonderful first week back. Whether you are a new member of the iBioMed family, or a seasoned vet, we have lots of fun things planned for you and are excited for you to join us! The society has been hard at work throughout the summer to ensure we can continue providing academic and social initiatives throughout the year. As this year is a little unusual and we are not all on campus, we are really trying to promote the theme of " Together though Apart", ensuring we keep the warm and friendly iBioMed community, one of the things that makes our program special. Despite being online, we hope to increase engagement and grow the iBio community. We as a society and more importantly as individuals are here for you. Please feel free to reach out to us with any ideas or concerns you may have. Let's make this year amazing, it will be certainly one to remember!

APEx Tutoring Program



The iBioMed Society is working with its students to kick-start the Academic Peer Exchange, a new tutoring service for iBioMed students!

STEP 1
Sign up
Pick any IBEDS and/or Stream-Specific courses

STEP 2
Get Matched
Based on your learning style

STEP 3
Start Your Tutoring Sessions

For more information on APEx and iBMS tutoring, contact our team

Co-Directors: Andrew & Brendan : chairs.apex@gmail.com
Integrity Coordinators: Raymond & Joshua : integrity.apex@gmail.com
Finance Coordinator: Matt : transactions.apex@gmail.com
Matching Coordinators: Jake & Kira : matching.apex@gmail.com
Review Session Coordinators: Adam & Ammar : reviewsession.apex@gmail.com

APEx is the new iBioMed peer tutoring program developed to provide iBioMed students access to academic assistance for courses within the core iBioMed curriculum, as well as stream-specific courses. The program is designed to encourage peer-to-peer academic support by fostering collaboration and mentorship between students in the iBioMed community. Students are matched with tutors based on their courses of interest, availability and teaching style. Throughout the semester, APEx will also be organizing review sessions for a select number of courses to provide students with free midterm and exam prep!

(TIP - Click on the Photo to Find a Tutor!)

iBioBuds & Academic Council Updates

iBioBuds Mentorship

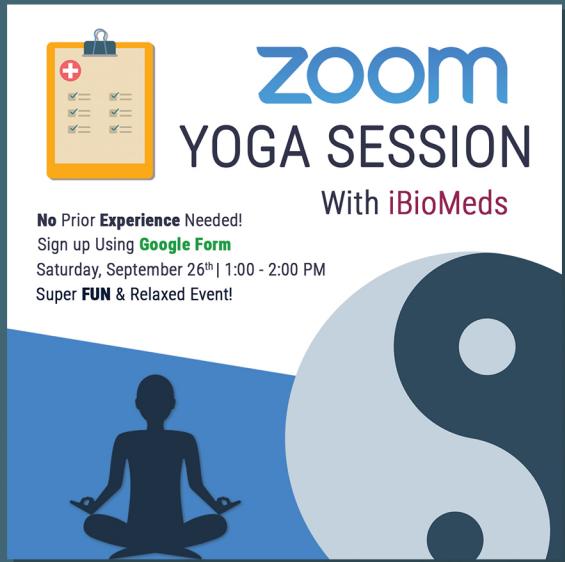
iBioBuds Mentorship Program matches will be announced very soon!
Expect the first Mentorship Social to be by the end of the month!

Academic Council

This year has been tough for everyone. To help improve our transition to online learning, please don't hesitate to reach out to the Academic Council to share your stream-specific course issues.



zoom YOGA SESSION



Hi everybody! The iBioMed Society is so excited to have you guys attend our first Virtual Yoga session! It's going to be a relaxed (no prior experience needed) and very fun event! Additionally, it is an amazing way to meet other people in the program. The event is going to take place this **Saturday, September 26th at 1PM**. The Zoom link will be sent to your e-mails prior to the event. We are super excited to see you all there <33333 (TIP - Click on the Photo to Register!)

Marketing Subteam Applications

Subteam Application Coming Soon

Hey iBioMeds! If you are interested in getting involved with the iBioMed Society, then keep your eyes peeled for the Marketing Subteam Applications coming out next weekend! Through this subteam, you will be able to foster your skills in graphics design, video editing, and partake in creating advertisements for upcoming iBioMed events. Furthermore, you get to help us design iBioMed merchandise for the 2020-2021 year!



iBioMed
Society

Tips to Avoid **zoom / ONLINE** Fatigue

Do Physical Exercises

Whether it is working out, going for a run, walking outside, or simply just standing up and moving in between classes/meetings, ANY physical exercise helps reduce Zoom/Online fatigue and keeps you focused throughout the day!

Avoid Multitasking

It's easy to think that you can use synchronous classes to do more in less time, however multitasking doesn't help you retain information as well. Next time you're in class, try putting your phone away, and closing any tabs or programs that may distract you!

Reduce Onscreen Stimuli

Research shows that when you are on video, you tend to spend a lot of time staring at your own face. To avoid this, try hiding yourself from view or turning your camera off all together!

Take Mini Breaks

Part of the problem with back to back Zoom/Online meetings and classes is that it doesn't give you a mental or physical break from your computer screen. So try and implement breaks as it will give you the opportunity to get up and grab a snack!

