

Welcome to Our



## November Newsletter

↓ **In this newsletter you will find:**  
Mentorship Spotlight, October recap, Mentorship:  
sisters-sisters mixer, and more. Keep Reading!

## Mentorship Portfolio Spotlight

Our mentorship program is designed to support women in science through three tailored streams. The *Little Sisters in Science* stream pairs high school students with undergraduate mentors, offering guidance on academic paths and STEM careers. The *Sisters in Science* stream focuses on peer mentorship, connecting undergraduates to share experiences and provide academic support. Finally, the *Graduate Sisters in Science* stream matches undergraduates with graduate mentors, helping them explore advanced academic and career opportunities. Alongside these streams, we host events like team-building socials, networking workshops, and university workshops to foster personal growth and professional development.



## Bahar Mohammadi

3rd year, HSP Biology



Co-VP Mentorship

### Why did you join WiS?

I joined WiS specifically for the mentorship program because I wanted to help create a support system for other students, similar to the kind I wish I had when I first started. University can be overwhelming, and having a mentor who understands the challenges and can offer guidance makes a huge difference. I'm passionate about empowering other students and providing them with the tools and advice that I would have found helpful in navigating both academic and personal growth.

## Julie Le

3rd Year, HSP Genetics



Co-VP Mentorship

### Why did you join WiS?

I joined WiS because of the incredible community and the support I received from the people within it. Throughout my first and second years, I was guided by others who helped me navigate both academics and life, and along the way, I formed lasting friendships. Now, I want to give back and help others have the same positive experience I did, ensuring they feel just as welcomed and supported as I did when I first joined.

# Women in Science

## Jessica Kay

3rd year, Health Science



**Little Sisters Director**

### Why did you join WiS?

I joined the WiS because I wanted to be part of something that truly resonates with me. Empowering women in science and mentorship are causes I deeply value. I believe it's essential to connect with like-minded individuals who offer support, inspiration, and a shared commitment to breaking barriers in STEM. Mentorship, in particular, plays a crucial role in personal and professional growth. Learning from those who have walked similar paths provides invaluable guidance and encouragement. By being part of this community, I aim to help create a supportive environment where we uplift and inspire each other to achieve our full potential.

## Sarina Kosari

3rd Year, HSP Genetics



**Little Sisters Director**

### Why did you join WiS?

I joined Women in Science (WiS) because I am passionate about empowering young women to pursue careers in STEM and wanted to be part of a community that supports this mission. One of my favorite memories with WiS is being a mentor in the Little Sisters in Science program and witnessing the excitement and confidence that my mentee gained as we explored different fields of science together. Joining the WiS team has given me the platform to develop initiatives that connect high school and university students, providing them with guidance, resources, and a supportive network that helps them navigate their academic and career paths. It's incredibly fulfilling to be part of a team that is dedicated to making a tangible difference in the lives of young women and to help them see their potential and possibilities in STEM.

# Women in Science

## Saranya

4th Year, Neuroscience



Sister-Sister Directors

### Why did you join WiS?

This is my first year joining WiS and I'm sad that I wasn't able to join this club earlier! I am passionate about science and want to be apart of a community that feels the same way. I believe that mentorship is critical for success in any field, and as women in science, our fellow peers are wonderful resources for us! I hope to create life-long connections in this field and I am excited to see everyone at future events!

## Alesia Mano

4th Year, Pathology, Physiology double major



Sister-Sister directors

### Why did you join WiS?

I joined Women in Science (WiS) because I was inspired by the sense of community and mentorship it offers. For me, being part of a group that fosters support and growth, both academically and personally, is incredibly important. I believe in the power of mentorship and the positive impact it can have on navigating the challenges of university life. By joining WiS, I wanted to contribute to that support system and help others feel welcomed and empowered.



## OCTOBER RECAP

### Yoga Night

On October 8th, Women in Science had an incredible time doing yoga in the studio at the Rec Center with a professional instructor! Everyone had the chance to unwind and relax to put themselves in the right mental state to prepare for the midterm exam season! It was great to see everyone there and wonderful to see our amazing WiS community bonding at such a fun event!



### Mentorship: Sisters-Sisters Mixer

Members of our Sisters in Science Mentorship Program mixed and mingled at our Mixer! Pairings have now been sent out! We are so excited for both our mentees and mentors taking part in this program.

## COMING UP NEXT!

### My Journey: Women in Science Panel + Free Headshots 📸✨

Come hear from inspiring faculty and graduate students as they share their journeys, experiences and achievements as women in science. After the panel, we'll have a professional setup for free headshots—perfect for updating your LinkedIn! This event will be on **November 12th, 6:30 PM - 8:30 PM in PAB 117.**

### UPAW x WiS Women's Panel 🎤

We're excited to announce that WiS is partnering with UPAW for a special Women's Panel highlighting women in our London community! This in person event will take place on November 23rd, 10:00 AM - 1:00 PM in the Weldon Community Room. We're excited to highlight a panel of women in various fields of science as they describe their stories and passions and answer any questions you may have about them or their field! This is a fantastic opportunity to hear from trailblazers and gain insights into STEM careers. The event will be **free of charge for everyone and finger foods will be provided!**

### Paint Night 🎨

We're bringing back an event general members loved last year, and that is Paint Night! Paint night is a fun and relaxing event that will help you destress before final season begins! You will get the opportunity to learn how to paint a painting from an instructor and mingle with other women in science. This event will be free for all members of \$3 for nonmembers. Come out and have a peaceful night with WiS on **November 28th, 5:00 PM - 6:30 PM in Chemistry Building Room 115.**

# WE WANT YOUR INPUT



Our Anonymous Feedback Form is a space for you to share your thoughts and ideas with us. At WiS, we aim to host events and initiatives that truly cater to the needs and interests of our members. We'd love to hear your suggestions on how we can improve and which events and initiatives you're most excited about.

## INVITE A FRIEND

Know someone who's interested in joining WiS? Invite them to any of our events and encourage them to fill out the General Member Form linked below to get registered. Everyone is welcome!

We are committed to supporting the inclusivity and continued contributions of women in the sciences while encouraging participation from all genders, including those in stereotypically "feminine" fields, and promoting gender non-conforming individuals in all scientific endeavors.

[General Member Form](#)



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Our mailing address is:

1151 Richmond St, London, ON N6A 3K7