

Welcome to Our



January Newsletter

As we head into January and the second semester, Women in Science is excited to continue building a supportive, inclusive, and empowering community for students across disciplines. This term, our goal is to create spaces where members can connect, recharge, and explore their interests both inside and outside the classroom.

We have a variety of events planned for the semester, including career-focused programming, wellness initiatives, and mentorship opportunities. We've already kicked things off with a successful career panel, and we're looking forward to hosting events like our upcoming Yoga Night, which offers a chance to unwind and prioritize well-being during a busy academic term. Our mentorship programming will also continue, including a Mentorship Paint Night designed to foster meaningful connections in a relaxed and creative setting.

In addition, we're gearing up for one of our largest initiatives of the year — STEMposium. This flagship event highlights research, innovation, and leadership within STEM, and there will be opportunities for members to get involved behind the scenes. If you're interested in volunteering or supporting STEMposium, be sure to keep an eye on your email for more details and upcoming announcements.

As the semester gets underway, we wish everyone the best of luck in their classes and commitments. We're excited for what's ahead and hope to see you at our events and around campus throughout the term!

Bobo, Bahar, Julie
Co-Presidents of Women in Science



In this newsletter you will find:
Portfolio Spotlight, Recap of Events, Coming Up

VP's of Sponsorship: Jessica Kay

**4th Year Honours Specialization
in Health Science**

**What inspired you to join the
Sponsorship portfolio?**

I joined the Women in Science club because I deeply valued mentorship and the guidance it gave me as I grew in STEM. I also wanted to give back by offering the same support and encouragement I received to other students.



Q
A

What goals do you have for your portfolio this year?

As Co-Vice President of Mentorship, my goal this year is to ensure that the mentor–mentee pairs each gain something valuable from their relationships, whether that be academic guidance, motivation, or simply a new friend!

VP's of Sponsorship: Jessica Kay

**4th Year Honours Specialization
in Biology**

Why did you join WiS?

I joined WiS to connect with other students in STEM, learn from mentors, and feel more supported and confident as I explore stem career paths. I also wanted to be part of a community that encourages women in science and helps make STEM feel more welcoming and inclusive!



Best WiS memory so far?

My favourite memory in WiS is the Tote bag painting/slime making event! It was such a great way to take a break from academics, create amazing things and interact with others women in science!!

Women in Science

JANUARY RECAP

WiS x UWO GLOW SOCIETY

WiS kicked off the term by collaborating with Glow Society for a lively bar night at Joe Kool's on **Friday, January 9**. The event brought together a great mix of familiar faces and new members, creating a relaxed and welcoming space to connect beyond academics. With upbeat music, casual conversations, and plenty of laughs throughout the night, attendees had the chance to meet people from different programs and build new friendships. The easygoing atmosphere made it a perfect way to start the term and strengthen community across both clubs.



CAREER PANEL

WiS hosted an inspiring Career Panel featuring four accomplished professionals from diverse fields, offering members valuable insight into the many pathways available within science, healthcare, and beyond. The panel included **Dr. Sarah Gallagher**, Professor of Physics & Astronomy, **Paula Lombardi**, Partner at Siskinds LLP, **Dr. Allison Dilliott**, Genomics Lead of the Clinical Research Team at the Parkinson's Foundation, and **Dr. Kelly Regan**, an Emergency Medicine Physician at London Health Sciences Centre.

Throughout the event, panelists shared their unique career journeys, discussed the challenges and rewards of their respective fields, and offered honest advice on navigating professional growth, work-life balance, and career pivots. Attendees had the opportunity to ask thoughtful questions and gain perspectives from both academic and industry leaders, making the panel an engaging and informative experience. The event encouraged members to explore career paths with confidence, curiosity, and resilience, reinforcing WiS's commitment to empowering women in science across disciplines..



Women in Science

Mentorship Program - Now Live!

WiS UWO BLOG

This January, WiS is excited to introduce a new addition to our website, the WiS UWO Blog. This space was created to highlight resources, opportunities, and stories that support women in science and technology at all stages of their academic and professional journeys.

Our first blog post focuses on the various forms of support available to women in technology, from high school programs to university mentorship and beyond. By compiling these opportunities in one place, the blog aims to make navigating the tech landscape more accessible and empowering for women of all ages.

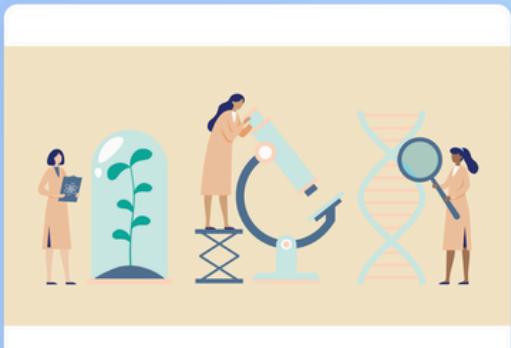
We look forward to expanding the WiS Blog with future posts that continue to inform, uplift, and connect our community!



WOMEN IN SCIENCE

BLOG

Stay updated with our latest news, insights, and events.



Unlocking the STEM Cheat Code:
Why Mentors Matter More Than You Think

WE WANT YOUR INPUT



ANONYMOUS Feedback Form

We want to hear from you!

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.

[Feedback Form](#)



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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