



# Outstanding Scholars Newsletter

February  
2021

UNDERGRADUATE RESEARCH AT THE UNIVERSITY OF WINDSOR

IN THIS ISSUE

## Monthly Program Updates

by Joshua Galasso

Welcome! This is the fourth issue of the OS newsletter created to assist Outstanding Scholars (OS) Students in keeping up-to-date with everything related to the OS program.

### What is Outstanding Scholars?

Outstanding Scholars are paid to do research outside of the classroom, working alongside faculty members on research projects! This unique opportunity lasts for three years, particularly in your second, third, and fourth years of undergraduate study.

### Opportunities During March

During March, there are numerous opportunities to get involved both through the OS program and on campus.

As an example, UWill Discover 2021 is a 4-day event (March 29th to April 1st) in which undergraduate and graduate students at the University of Windsor can present their research, scholarship, and creative work to their fellow students, friends and family, and the world! Learn more at <https://scholar.uwindsor.ca/uwilldiscover/>.

Furthermore, the OSSC is hosting a virtual "Meet the Prof" night on Thursday March

18th, from 6:00 to 7:30 pm! Learn more on page 3 of this newsletter.

### Outstanding Scholars Student Council Election

During March, the election for Outstanding Scholars Student Council 2021 academic year positions will be held. Here are a few points you need to know:

- 🕒 The deadline for submitting nominations is Friday, March 19<sup>th</sup>, 2021.
- 🕒 Nominations will open on Monday, March 15<sup>th</sup>, 2021.
- 🕒 The voting will take place on Monday and Tuesday, March 22<sup>nd</sup> and 23<sup>rd</sup>, 2021.
- 🕒 Each candidate will require two email nominations from OS Students sent to [sdutoit@uwindsor.ca](mailto:sdutoit@uwindsor.ca).
- 🕒 Online campaigning is allowed after March 15<sup>th</sup>, 2021 provided the candidate's two nominations have been submitted.
- 🕒 Candidates may run for Second Year Rep, provided that they accept the risk that they might not get through the competition for second year.



### Student Achievements

The Student Achievement section highlights achievements of students at the University of Windsor! This includes publications, scholarships/awards, and more. Email Jana Khanafer, OSSC President, at [khanafej@uwindsor](mailto:khanafej@uwindsor) to be featured in future issues!

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### Monthly Success Tips

The Monthly Success Tips section discusses new tips each month to help students to excel in their classes. Have any tips you would like to share? Let us know!

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# Monthly Program Updates Continued

## Outstanding Scholars Swag

Outstanding Scholars currently offers merchandise to be purchased to rep the OS program. Items available at the moment include OS hoodies, sweatshirts, t-shirts, and masks!

These items can be purchased online through the Outstanding Scholars Website. (<https://www.uwindsor.ca/outstandingscholars/339/outstanding-scholars-swag>).

## Dr. du Toit's Office Hours

Dr. Simon du Toit offers weekly virtual office hours to give students a chance to ask any questions they may have about the OS program.

These office hours are held on Mondays and Thursdays at 4pm; the meetings can be joined by following the meeting link emailed to OS students weekly prior to 4pm. If you are not an OS student but would like to join office hours, you can reach out to Dr. du Toit at [scholars@uwindsor.ca](mailto:scholars@uwindsor.ca) for the link!

## SOCIAL MEDIA

Follow our Outstanding Scholars social media accounts to stay updated with the program:



outstandingscholars



uwindsor\_os

# Student Achievements

The Student Achievement section is used to highlight students who have made a notable accomplishment in either an academic or personal capacity.

The February 2021 OS Newsletter would like to recognize Maheen Arshad, a Behaviour, Cognition and Neuroscience University of Windsor graduate and current a master's of Genetic Counseling candidate at Wayne State University. Here is what she had to say:

"Having a strong interest in the sciences, I pursued the Behaviour, Cognition and Neuroscience program at University of Windsor. During my undergraduate studies, I challenged myself to step out of my comfort zone and get involved in academic and extracurricular opportunities that allowed me to build my professional skills beyond the classroom. I got involved in cancer biology research and completed my undergraduate thesis under the supervision of Dr. Lisa Porter. My research project focused on investigating the role of the cell cycle protein, Sp1, in brain cancer development and progression.

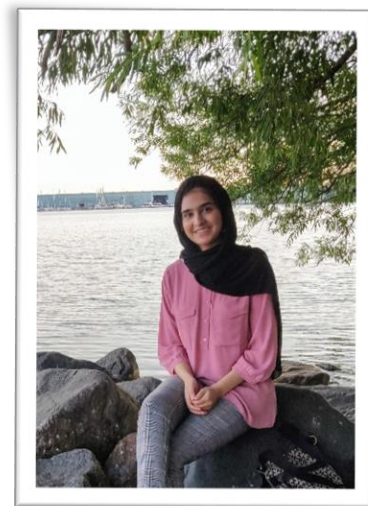
To add to my professional skillset, I took up several leadership positions with on campus organizations such as the Behaviour, Cognition and Neuroscience Association (BCNSA), Let's Talk Science, and Lead. I worked in the Student Success and Leadership Center in several roles including AIM Leadership Symposium Coordinator,

Registration Coordinator for Head Start and Welcome Week, and the STEPS Assistant Coordinator. Off campus, I contributed to my community by volunteering as a helpline responder for the Distress Center of Downtown Mission and as a patient care volunteer for the Hospice of Windsor and Essex. As an undergraduate, I was awarded the Dean's honour roll in each academic year and the LEAD Gold Medallion for completing high impact experiences in all 4 areas of LEAD: Leadership, Engagement, Application and Discovery.

My undergraduate experiences at University of Windsor have been incredible. My advice to incoming and current students would be to get involved with extracurricular activities, seek clubs and organizations that interest you and take on leadership roles. Extracurricular involvement allows you to develop your interpersonal and professional skills, which have utility later in your careers and professional relationships. Furthermore, getting involved allows you to build connections and friendships that you will cherish forever.

Currently, I am a master's of Genetic Counseling candidate at Wayne State University. I hold an outreach leadership position with the National Society of Genetic Counselors. With this role, I aim to increase the ethnic and racial diversity among genetic counselors to improve the quality of genetic care provided to the public. My long-term

professional goal is to implement medical genetic services in countries that lack facilities for genetic patient care, diagnosis, and treatment. My current research project is investigating the genetics' education provided to medical students in Pakistan, a developing country in South Asia, to ensure they are receiving adequate training to provide appropriate genetic care to their patient population. In the future, I aim to capitalize on my hard-earned leadership skills and knowledge gained through my genetic counseling training to improve the healthcare systems and increase quality of life around the world.



*Maheen Arshad*

## RESEARCH



## Research Opportunities

There are currently over 200 opportunities stored on the Outstanding Scholars Blackboard page, to which all OS students have access.



## UWill Discover

OS students regularly present their research work at UWill Discover, the university's annual undergraduate research conference

## EXPERIENCES

97%

of OS students remain on track to graduate, or graduate in a timely way

87%

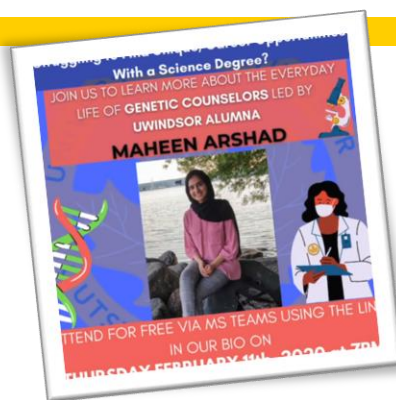
of OS students say they are either "Well Satisfied" or "Extremely Well Satisfied" with the OS program

## FAST FACTS

100 First Year OS Candidates

248 OS Students in Years 2, 3 and 4

\$10,450 Earnings Over 4 Years



During February, Maheen Arshad held an interactive presentation overviewing the career of a Genetic Counselor. As a brief review, Genetic counselors are healthcare professionals who have specialized education in medical genetics and psychosocial counseling to provide personalized help patients may need as they make decisions about their genetic health. Monitor your emails and our social media for future opportunities to RSVP for these types of events.

## Monthly Success Tips

I hope everyone enjoyed their reading week during the month of February. Here are a few tips to help you excel in your courses for the rest of the semester:

- 🕒 Take breaks during the day
- 🕒 Organize your study space
- 🕒 Eliminate Distractions

## Take Breaks During the Day

As you are working throughout the day, it is beneficial to take small breaks to help with knowledge retention and productivity. You can use this break to walk around to get a bit of exercise, get a glass of water to stay hydrated, or to relax. Taking small breaks has the potential to help clear your mind so you can focus better when you get back to work.

## Organize Your Study Space

As we continue to study from home during online courses, it is important to have a work area that supports your productivity. For example, consider setting aside a desk or work area to be used exclusively for school and ensure that area has all the materials you need to work effectively during the day (pencils, papers, calculators, etc).

## Eliminate Distractions

As you are organizing your study space, ensure you also eliminate potential distractions in advance. For example, move any items that may distract you away from your work area. Furthermore, consider powering off your phone while working to avoid being distracted.

## Upcoming Opportunities

## UWill Discover

UWill Discover 2020 will be a 3-day event in which undergraduate and graduate students at the University of Windsor can present their research, scholarship, and creative work to their fellow students, friends and family, and the world!

The event will be occurring between Tuesday, March 30th, 2021, and Thursday, April 1st, 2021 and students can find out more information at <https://www.uwindsor.ca/success/652/uwill-discover>.

## "Meet the Prof" Night

The Outstanding Scholars student council is pleased to announce that we will be hosting a virtual "Meet the Prof" night on Thursday March 18th, from 6:00 to 7:30 pm! Our goal is to provide a platform to cultivate deeper connections between faculty and students in this online environment.

Please find below the Zoom meeting details:  
Meeting ID: 915 587 6931 Password: 3qrTN9  
<https://zoom.us/j/9155876931?pwd=Y1J5UWlkczg3xUVJGN2txWWduYnI1QT09>

## High School OS Seminar

The Outstanding Scholars student council is excited to announce that we will be hosting a High School OS Seminar on Thursday March 11th, from 7:00 to 8:30 pm! High school students will have the opportunity to meet the student council and learn more about the requirements for applying to OS.

## McCall MacBain Scholarship

The McCall MacBain Scholarships are Canada's first comprehensive, leadership scholarships for master's and second-entry professional undergraduate studies. Starting in June 2021, Canadian students and alumni can apply to join the second-ever class of McCall MacBain Scholars at McGill for their studies starting in Summer/Fall 2022.

# Thanks for reading!

Thank you for reading the fourth issue of the Outstanding Scholars Newsletter. If you would like to see any additional topics covered in the future, please email Jana Khanafer, OSSC President, at [khanafej@uwindsor](mailto:khanafej@uwindsor).

[www.uwindsor.ca/outstandingscholars/](http://www.uwindsor.ca/outstandingscholars/)

## Outstanding Scholars Newsletter

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