

# Meet your Council

## CMM/NSC GSA

[cmm.nsc@gmail.com](mailto:cmm.nsc@gmail.com)

President	Peter Feige
Vice President	Edward Yakubovich
VP Academic	Marc Vani
VP Academic	Rashida Rajgara
VP Administration	Saadia Khilji
VP Finance	Nafisa Tasnim
VP Social/Athletic	Shannon Thompson
VP Social/Athletic	Musfira Uvaize
VP Student Support	Nicolay Hristozov
GSAED Director (SR)	Nikita Larionov
VP Communications	Alex Sanghwan
Web MSc.	Nasim Haghandish
CMM Representative	Olanta Negeri
New student Representative	Karim Ibrahim
New student Representative	Daniel Robinson
NSC Representative	Mohamed Aboudounya
LOEB Representative	Ahmad Galuta
UOHI/BSS Representative	Jonathan Weldrick
Cancer center Representative	Clinton Cunha
Royal Representative	Michael Iro
OHRI Representative	John Saber

## BMI GSA

<http://bmigsa.ca/>

VP Academic	Danny Jomaa
VP Archives	Andrew Sulaiman
VP Communications	Patrick Taylor
VP Finance	Briti Saha
VP External	Jack Ryan
VP Internal	Laura Collins
VP Social	Jamie Kraft
VP Wellness	Priya Chandran

## EPI Council

[clepa059@uottawa.ca](mailto:clepa059@uottawa.ca)

President	Candis Lepage
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## Departmental Contacts

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## Program Contacts [grad.med@uottawa.ca](mailto:grad.med@uottawa.ca)

Academic Administration Officer

Genevieve Brazeau (RGN 2016)

# Tips for Success!

## 1. Communication is key!

Consistently communicate with your PI about your work. If they are very busy, make sure there is someone in the lab (such as a postdoc) that can teach you and help with your project. If you have concerns, approach the CMM/NSC GSA, as we can use our resources to make sure that you're properly supported.

## 2. Set goals!

Make sure you have a clear direction for your project and set short and long-term goals. Furthermore, know the requirements for your program. You alone are responsible for managing your research progress effectively.

## 3. Manage your time efficiently!

Set yourself up to not waste energy in clutter. It's better to go into every day with a checklist of reasonable tasks than have to work over the weekend because you forgot to prepare gels.

## 4. Get out there!

The worst thing you can do is be closed off and unwilling to learn. Everyone in CMM/NSC has been where you are, and those relevant to your area are often especially willing to share advice based off of their experiences and views on the interesting questions. Also, get to conferences, and know that FGPS and the department both have money set aside to help you get there.

## 5. Be proactive!

If there's an interesting conference relevant to your project, if there are opportunities to train your techniques, to improve your experiments, don't hesitate to bring them up to your PI.

## 6. Enjoy yourself!

They say that hard work is its own reward. You're going to be around for a little/long while, and you'll need plenty of chances to balance stress with pleasure. So if the GSA can help you with that balance, tell us how!



Cellular and Molecular Medicine  
Neuroscience  
Biochemistry Microbiology  
and Immunology  
Epidemiology

# SURVIVAL GUIDE 2017



uOttawa

Faculté de médecine  
Faculty of Medicine

Your student council is intent on making sure that your Graduate Studies at the uOttawa Faculty of Medicine are as enjoyable as they are productive. Working with the Department, Faculty, FGPS and GSÉAD, we hold academic and social events for you all year-round.

Throughout all the work that you put into your degree, whether towards a Masters or a Ph.D, your council is here to ensure that your working environment - whether set at RGN, OHRI, CHEO, the Royal or the Heart Institute - offers ample opportunities to interact with your colleagues, and to get away from the bench once in a while. We will send out regular emails to keep you informed on our ongoing events and opportunities. Share your concerns, learn how we can make your life easier, and help us to improve the experience for years to come!

## Scholarships

Vanier - Nov 17th  
PhD CIHR - Oct 15  
MSc CIHR - Dec 1  
OGS - Dec 1  
QEII - May/June 2018

## Council Websites

CMM/NSC: <http://cmmnsc.ca/>  
BMI: <http://bmigsa.ca/>

## Learn the Lingo!

CMM = Cellular and Molecular Medicine  
NSC = Neuroscience  
BMI = Biochemistry, Microbiology and Immunology  
EPI = Epidemiology  
TAC = Thesis Advisory Committee  
Main = uOttawa's downtown campus  
RGN = Roger Guindon Pavillion  
NRI = Neuroscience Research Institute  
General = General Hospital Campus  
OHRI = Ottawa Hospital Research Institute  
CHEO = Children's Hospital of Eastern Ontario  
GSAÉD = Graduate Student Association/  
L'Association d'étudiant(e)s diplômé(e) Horton's, Critical

## Where to Buy Food?

### Roger Guindon Hall

Café, 1st floor

Convenient snacks and pre-made sandwiches.

### Children's Hospital of Eastern Ontario

Café, 2nd floor

Mr. Sub, Pizza Pizza, Starbucks.

Cafeteria, 1st floor

Wide range of hot meals

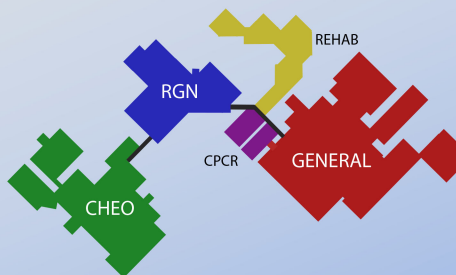
### The Ottawa Hospital General Campus

Cafeteria, 1st floor

Wide range of hot meals, salad bar.

Tim Hortons, Second Cup, 1st Floor

# Getting Around



## Inter-Campus Shuttle

RGN -> St. Paul's -> Lee's -> Main Campus  
<http://www.uottawa.ca/parking/shuttle-bus>

## Inter-Hospital Shuttle

General Hospital -> Civic Hospital  
Weekdays, 7am-5:30pm, every 1/2 hour outside the main entrance

## OC Transpo

Stops 106 and 16, See: [www.octranspo.com](http://www.octranspo.com)

## Long Term Parking

[www.protection.uottawa.ca/en/parking-map.html](http://www.protection.uottawa.ca/en/parking-map.html)  
RGN graduate students can obtain a free parking pass for weekends!  
E-mail: [park@uottawa.ca](mailto:park@uottawa.ca) for more details!

## Valuable Resources

### Health Services

100 Marie-curie, Main Campus 613-564-3950  
[www.uottawa.ca/health](http://www.uottawa.ca/health)

### Student Academic Success Service (SASS)

100 Marie-Curie, Main Campus 613-562-5101  
[www.sass.uottawa.ca](http://www.sass.uottawa.ca)

### Counselling and Coaching Service

100 Marie-Curie, Main Campus 613-562-5200  
[couns@uOttawa.ca](mailto:couns@uOttawa.ca)

### Centre for Global and Community Engagement

550 Cumberland, Main Campus 613-562-5945  
[servingothers@uOttawa.ca](mailto:servingothers@uOttawa.ca)

### Student Mentoring

55 Laurier Avenue East, 613-562-5800, Ext.: 2707  
[mentor@uOttawa.ca](mailto:mentor@uOttawa.ca)

### Student Affairs Office

RGN 2024 613-562-5800, ext. 8136  
[www.med.uottawa.ca/Students/StudentAffairs](http://www.med.uottawa.ca/Students/StudentAffairs)

# Welcome Week 2017

The University of Ottawa and the CMM/NSCBMI/EPI Student councils are hosting a series of events during the September. Get informed about Graduate studies and the GSA, and get to know your peers!

## Tuesday, September 5th 2017

9:00AM	Welcome remarks Tent outside student lounge RGN
10:30 AM to 11:30 AM	Program Orientations CMM in <a href="#">RGN2012</a> NSC in <a href="#">RGN2052</a> BMI in <a href="#">RGN1007</a> EPI in <a href="#">RGN2111</a> Population Health in <a href="#">RGN3035</a>
11:30 AM to 12:30 PM	Back to School Banquet RGN Atrium
8:30 PM to 11:00 PM	Outdoor Movie (FR) Bon cop Bad cop 2 University square

## Thursday September 7th 2017

"Can I Kiss You" Mike Dormitz  
Monpetit Gym - 6:00PM-7:30PM  
uOshow - A Tribe Called Red  
10\$ University Square - 8:00PM-11:00PM

## Tuesday September 12th 2017

GSAED Breakfast and Orientation  
RGN 2012-2022 9:00AM-11:45AM  
GSAED BBQ and service fair  
RGN Lawn 12:00PM-2:00PM

## Friday September 22nd

uOttawa & Carleton Grad Party!  
Busses leave Cafe Nostaligica at 8PM!

## Get your U-PASS!



RGN Student Lounge  
11-4PM till Sept 8th



For extended hours see <http://sfuo.ca/upass/distribution/>

Want to get involved? Email [cmm.nsc@gmail.com](mailto:cmm.nsc@gmail.com) or go to <http://bmigsa.ca> to become part of our council!