

OCTOBER 2022

# ENGWELLNESS MME GRADUATE NEWSLETTER



Produced by: the ENGWellness Ambassador



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## Fall is Here! And a Special Guest!

Ahh yes, the leaves are changing, the mornings are colder, the days are shorter, and the amount of pumpkin-themed drinks is soaring; Fall is here! And with every Fall season, comes the realization that you're almost halfway through the term!

Whether you're pursuing a research-based or course-based degree, You'll always need to be able to effectively find articles to help develop your thesis or help you understand a abstract concept. In this issue, we have special guest Librarian Ryan Ball who will provide some tips and tricks for conducting article reviews and research!

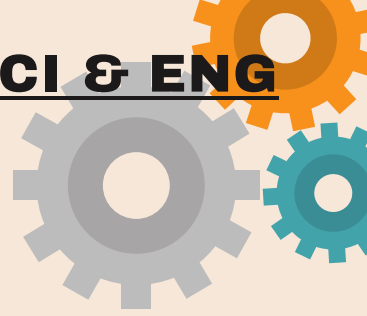
*Sweater Weather*

## WELLNESS BREAK

Going for a walk.

I know what you're about to say... "how is walking a wellness break? I have to walk everywhere already". Now, dear reader, let me tell you the benefits of this everyday activity. Firstly, walking gets you active. Maybe going to the gym just isn't your forte *and that's alright*. Walking lets you get some fresh air while also getting some low-intensity cardio in to get the blood flowing. Secondly, walking can happen ANYWHERE. Nice sunny day? Walk around Victoria Park and see all the geese in the river. Rainy day? Walk inside a few buildings at UW and explore places you've never been; MC, PAS, or the intricate tunnel system. Bonus points for climbing up all the floors of Dana Porter library. Thirdly, walking lets your mind wander. Personally, my favourite part about walking is how my mind wanders and I have these deep, complex thoughts about nothing. For example, my last walk I had a whole 30 minute think-session about the paper on a Reese peanut butter cup. Why is it there? Are their dedicated workers for creating the paper? Is it less costly than a metal mold? Walking allows my mind to wander and take a break from my busy schedule and think about nothing WHILE getting some exercise in.

# RESEARCH TIPS AND TRICKS FROM SCI & ENG LIBRARIAN RYAN BALL



*Hi Everyone!*

*My name is Ryan, and I'm the librarian at UWaterloo for Mechanical and Mechatronics Engineering. Today I'm going to share a few tips on how the Library and myself are available to help you achieve success in your learning and research.*

## **Research Guide:**

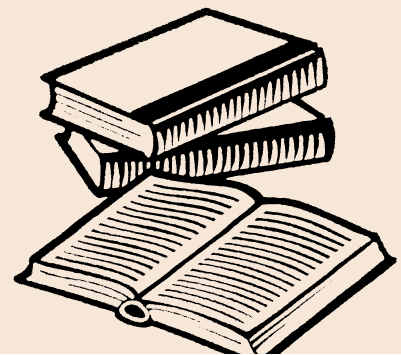
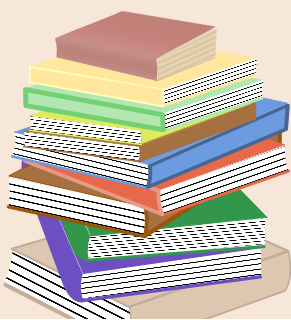
The Library's specialists have created a variety of **research guides**, which are great launching points when starting your research. The Library subscribes to hundreds of databases, and thousands of journals, resulting in millions of items available to you. While this wealth of information is a fantastic resource, I understand that it can also be a little overwhelming. These guides have been created by subject experts to highlight specialized databases, containing valuable information best suited to your research focus.

**The guide that I've written for MME** has a curated list of databases best suited to your research, and I encourage you to check it out. It provides advice on locating information related to:

- Mechanical & Mechatronics Engineering
- Materials & Nanotechnology
- Solid Bodies, Mechanics, and Mechanical Design
- Standards & Codes
- Patents
- Technical and Reference Material



On the right side of this Research Guide, is one of the many ways you can contact me. You can directly book a meeting with me for individual coaching, or email me any questions you have via those two blue buttons. I'm here to help so please don't hesitate to connect, as I'm always happy to meet you and provide guidance customized to your learning and research needs.



## Building Your Initial Search Strategy:



When looking for information on a topic, make sure to slow down and budget enough time. Database searching takes time, as it is an iterative process and your first search strategy is rarely your best strategy.

When starting, remember the following tips:

1. Reflect on the purpose of your search, do you have a clearly defined research topic?
2. Think carefully about your topic, what are the core concepts, or major aspects of the information you are looking for? These are the core concepts that you'll want to build your search around.
3. Think creatively about your search strategy, and use online thesauri or specialized engineering reference books to think of relevant keywords to add to your search.
  - a. Are other researchers in your area using slightly different terms or spellings to describe the same thing? Most databases can't discern the meaning behind your searches, instead they are looking for exact character matches. Are there American and British spelling differences for words? Past or present tenses, singular vs plural, hyphenated spellings, abbreviations or acronyms that should be included or spelled out? While it may seem obvious to you, its important to not make assumptions and to design your search to consider and include all of these things in order to be as comprehensive as possible.
4. Join your keywords with **Boolean Logical Operators**
5. Run your initial search, and assess the results.
  - a. Skim the abstracts of a few promising looking papers, are they using keywords you hadn't considered? If they are, these are valuable keywords to add to your strategy. Take these new keywords, add them to your search strategy, and run your search again. Do this as many times as necessary until you are happy with the accuracy of the results you are seeing.

This process gets easier the more you practice, just make sure to budget enough time!

If you'd like some 1:1 coaching on this process, and to work through a search together to help you get some practice, please book a free consultation with me to discuss this further.



## Research Consultations:

As previously mentioned and repeated here for emphasis - I'm here as a support to help you achieve success. If you ever have questions about the Library, finding that one perfect article for your class, or advice on building a customized research strategy to find hundreds of articles for an environmental scan, please don't hesitate to connect with me and I'll be here to advise you. You can contact me via my [research guide](#), or directly via email: [r2ball@uwaterloo.ca](mailto:r2ball@uwaterloo.ca) these 1:1 meetings can be done over MS Teams, or via email, whichever you prefer.

## Library Accessibility Services:

The Library recognizes that everyone has diverse learning needs, and constantly works to ensure our physical and online resources are as welcoming and inclusive as possible. If your learning would benefit from accessibility accommodations, we have a variety of supports available including but not limited to assistive technology, and alternate format requests for those with disabilities.

For additional information, or to schedule an appointment with the Library's Accessibility Services team for an accommodation plan, please contact them at: [libaccessibility@library.uwaterloo.ca](mailto:libaccessibility@library.uwaterloo.ca) or explore the [Library's Accessibility Services website](#).



## Your Wellness:

Make sure to take frequent breaks, stretch, are getting enough sleep, and ensure that you are hydrating and eating nutritious snacks. This proactive maintenance not only keeps you healthy, but helps with problem solving.

To support your wellness and help you relax, the Library also has several board games available for loan, and I encourage you to visit either Dana Porter Library or Davis Centre Library to borrow a game with your WatCard. [For a list of board games, please check out this webpage](#).

*I hope that you've found these tips useful, and if you ever have questions please don't hesitate to ask! I look forward to meeting you and helping however I can.*

*All the best,  
Ryan*

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## **SOME UPCOMING EVENTS FOR MME!**



### **Prevention and Recovery from Academic (and other types of) Burnout - October 6, 5:30pm - 6:30pm in E2 2350**

*Are you feeling exhausted, unmotivated, and negative about school or life? Academic burnout is a common problem amongst students in high pressure programs like engineering and medicine. Burnout can occur as a result of chronic stress with little time for recovery and rest. When left unaddressed, burnout can result in larger, and even long-term concerns. In this session we will explore the causes and signs of burn-out, as well as some practical strategies for addressing and preventing burnout.*

### **Therapy Dogs - October 24, 5:30pm - 6:30pm in E5 3102**

### **Bystander Intervention Training - November 2, 5pm-8pm**

*Facilitated by Stacey Jacobs from the Sexual Violence Prevention and Response Office.*

*Those who complete this training will also receive a certificate!*

*Food, incentives & prizes provided!*

*More details will be released via email!*

### **Do I Belong Here?: Addressing Feelings of Imposter Syndrome - November 2, 5:30pm - 6:30pm in E2 2350**

*Do you feel like you aren't good enough to be in Engineering (or anywhere else)? Are you worried that people will realize you don't know what you are doing? Do you downplay your hard-earned successes, feeling they are not legitimate or not deserved? Imposter syndrome is widespread amongst students in high performance programs. Many engineering students feel they are not smart enough, or deserving enough, to be here. Nothing could be further from the truth! Join us as we take a look at imposter syndrome, its impacts, and ways to feel more like you "got this".*

### **Going Beyond Yoga: Practical Exercises to Help Reduce Stress - November 7, 5pm - 6pm in E2 2350**

*Don't misunderstand, we love yoga and it can be an effective way to release tension and stress. But, yoga isn't for everyone and it is only one tool for reducing stress and releasing tension. Join us for this fun session. Learn the science behind stress reduction, a variety of tools, and how to create a personal approach that works for you. Please wear comfortable clothes that allow you to move freely (yoga pants are welcome—so comfy!)*



# ***Thrive 2022 is October 13-22!***

Thrive is a series of events focused on building positive mental health for University of Waterloo students, faculty and staff! Check out some of these fun events happening!

## **United Way Yoga Class - Oct 14**

*All welcome; no experience required. Please bring a yoga mat and wear comfortable clothing!*

## **United Way Soup Day - Oct 17**

*Advanced registration is not required for this event. Soup is served by donation. Cash, debit and credit will be accepted. Suggested donation: \$5*

## **Recognizing and Responding to a Person in Distress - Oct 19**

*In this workshop, Recognizing and Responding to a Person in Distress, we aim to give the University of Waterloo students the skills and confidence to support others (peers and colleagues) who may be in distress. We will focus on recognizing the signals of a person in distress, effectively responding with care and empathy and understand how to refer to resources within the community.*

## **Thrive Walk: Waterloo Campus - Oct 17**

*We will be making our way along the event route together in support, promotion, and solidarity of mental health to foster an inclusive community of well-being. Healthy snacks will be provided. Many thanks to Martin's Family Fruit Farm for their generous support!*

## **Question, Persuade, Refer (QPR) - Oct 20**

*This training teaches participants how to recognize and support someone who may be having thoughts of suicide. It is an education and awareness program that provides direction as to how to Question a person with thoughts of suicide, how to Persuade them to get help, and how to Refer the person to appropriate professional resources.*

***To register, find more information, or find more fun events please visit <https://uwaterloo.ca/thrive/events>***

## ADDITIONAL RESOURCES

The following mental health supports are available to you  
Counselling Services: 519-888-4096

The following crisis supports are available to you as well  
Crisis Services Canada: 1-833-456-4566 or text 45645  
UW Police: 519-888-4567 ext. 22222

### Academic Support

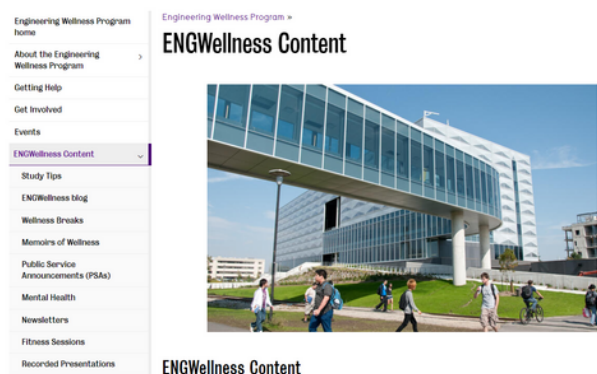
- Student Success Office: Compilation of learning and life skills resources.

Contacts to book a one-on-one coaching session:

Sam Vandekerckhove (MME) - [srvandek@uwaterloo.ca](mailto:srvandek@uwaterloo.ca) / [ENGWellness@uwaterloo.ca](mailto:ENGWellness@uwaterloo.ca)  
Leah Foster (ECE) – [ljsims@uwaterloo.ca](mailto:ljsims@uwaterloo.ca) / [ENGWellness@uwaterloo.ca](mailto:ENGWellness@uwaterloo.ca)

## ENGWELLNESS CONTENT

Check out our ENGWellness resources including mental health pages and PSAs. All resources as well as previous newsletters can be accessed under the ENGWellness Content section of our website.



## STAY CONNECTED

Be sure to follow us on social media to stay connected and updated.



[@uwengwell](https://www.instagram.com/uwengwell)



[@uwENGwellness](https://www.facebook.com/uwENGwellness)



[ENGwellness uwaterloo](https://www.youtube.com/ENGwellness_uwaterloo)

## LEARN 'COURSE'

Get news and access to our content modules through our ENGWellness Learn 'course'! Students can enroll using the Self-Registration function within Learn.

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