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## August 2024 Student Support

August is here, and the spring term is coming to an end! In this month's student support email, we're bringing you updates from the Undergraduate Affairs Office! Also, be sure to check out the featured student support service (RxPRN!) and important dates.



### Announcements from Undergraduate Affairs:

#### Course Accessibility Study

Take 10-15 minutes to complete a [survey](#) to help researchers understand students' perspectives on the importance of accessibility! **Those with or without a disability can participate, and will be entered in a chance to win a \$50 gift card to a food retailer or delivery service.**

Access the  
online survey  
HERE!

## Looking for a RxPRN Peer Mentor?

Fill out a request form and get matched with an **RxPRN student mentor**, who can offer personalized guidance and support regarding life stresses, school challenges, or mental health.

**Request an RxPRN Peer Mentor!**



## Have An Anonymous Question for RxPRN?

Submit your questions anonymously, and the RxPRN team will provide answers on their [website](#) and [Facebook](#) page. Refer to their [website](#) for past responses as well.

**Submit an Anonymous Question!**

## Professional Development Opportunities

### Join the Ontario Pharmacists Association's Student Advisory Council!



Are you passionate about advocating for change and advancing the pharmacy profession? If so, the OPA is looking for you! The OPA is seeking motivated pharmacy students to join the Student Advisory Council (SAC)! Don't miss this great opportunity to collaborate with other pharmacy students and represent Waterloo!

Candidates interested in applying can do so by completing the [application form](#) and emailing it to Arthur Catapano at [acatapano@opatoday.com](mailto:acatapano@opatoday.com).

## Community Happenings

**Caribana Ignite - Aug 23-24**



*Carl Zehr Square, Downtown Kitchener  
200 King St W, Kitchener ON N2G 4G7*

Caribana Ignite will feature a stunning street theatre presentation and street party that showcases the true essence of carnival, the hottest up-and-coming carnival designers and the diversity and vibrancy of the Caribbean, all in one celebration. Attend **FREE of charge** for three days of events.

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## Canadian National Exhibition (CNE) Aug 16–Sep 2

The CNE is back in Toronto this summer from **Aug 16 to Sep 2!** Did you know that all University of Waterloo students are entitled to receive a discount on tickets? Here's how:

1. Get your access code at [member.wusa.ca](http://member.wusa.ca) under 'Member Offers'.
2. Visit [theex.com](http://theex.com).
3. Click on "Corporate Sales" at the bottom of the page.
4. Click on "Corporate Login" under Group or Promo code section.
5. Enjoy your discounted day at the CNE!



## Important Dates

- **July 31 – Aug 1** – Study days
- **Aug 2** – Final exam period begins
- **Aug 5** – Civic holiday
- **Aug 16** – Final exam period ends
- **Aug 18** – Grades begin to appear in Quest
- **Aug 20** – Fall tuition and fees due
- **Sep 2** – Labour Day
- **Sep 4** – Classes begin

## Emotions Layered



There are various types of intelligence, and while you may associate intelligence with academic intelligence at this time in your life, another form of intelligence is impacting your relationships, academic performance, and ability to learn: emotional intelligence (EI or EQ).

### What is Emotional Intelligence?

Emotional Intelligence (EI) consists of six branches: the ability to (1) perceive someone's emotional state, (2) express your emotional state, (3) understand emotional progression and situational influence, (4) regulate your emotions, (5) regulate other's emotions, and (6) regulate attention toward or away from emotional information. At the base of EI, however, is the ability to recognize specific emotions.

Think of emotions as a parfait in that emotions also have layers. Sometimes it can be difficult identifying your emotions past the first layer or primary emotions, which is why the Feelings Wheel was developed.



### Take it for a spin!

Being able to identify emotions is the first step in improving your EI. Take a moment to familiarize yourself with how to use the Feelings Wheel so you can use it should you need a help identifying specifically what you are feeling:

1. Determine how you feel.
  - o Select the feeling(s) at the centre of the wheel that best encompasses your feelings.
  - o Move towards the outermost layer of emotions by selecting a more specific emotion at the secondary level.
  - o Select the emotion at the outermost level that most specifically described your feelings.
2. Accept this feeling and reflect.
  - o What made me feel this way?
  - o Why did I have this emotional response?

- What am I experiencing in my body?
- How can I learn from my experience?
- Do I need to revisit this later?
- Do I need to speak to someone?

As you gain more confidence in identifying your own emotions, you will find you are better able to practice the six branches of EI and apply them to your relationships and pharmacy practices.

### **Do you need to speak to someone?**

The emotions that arise through life circumstances can at times be difficult to navigate on your own. If you need help reflecting and processing, keep in mind that your academic advisors are available to help as they can. Emma Boynton – dedicated counsellor for pharmacy students – offers appointments at the School of Pharmacy on Monday mornings and Tuesday afternoons. Call Counselling Services at 519-888-4096 to start the process to book an appointment with Emma.

**Feelings Wheel**

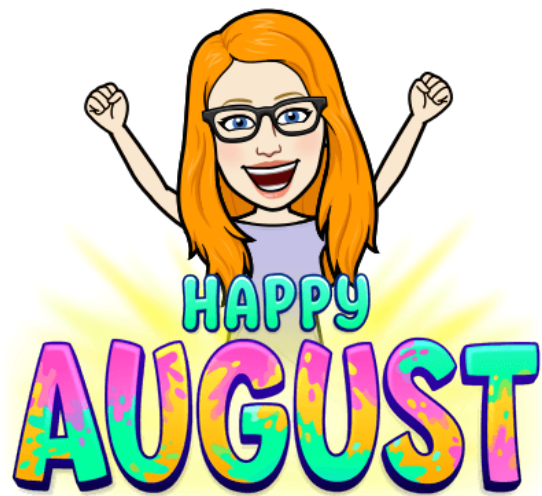
**Counselling Services**

Curious about your own level of EI? Consider taking Last Eight Percent's Emotional Intelligence Quiz!

Best of luck on wrapping up the term and enjoy the rest of the summer!

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