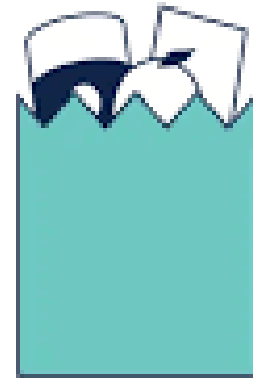




## April 2024 Student Support Email

### WUSA Food Support Service

The WUSA Food Support Service, run by dedicated student volunteers at the University of Waterloo, provides confidential assistance in the form of food hampers and hygiene products to address food insecurity within the UWaterloo community.



**WUSA**  
**Food Support**  
**Service**

By prioritizing confidentiality, it creates a safe space for individuals seeking support without fear of judgment.

The service offers various types of hampers such as meat, vegetarian, halal, kosher, and hygiene hampers, available for pick-up at the [SLC Turnkey Desk](#). If you have specific dietary needs or preferences, you can request a hamper through the [Hamper Request Form](#).

We encourage you to reach out for this support if needed. Your pharmacy advisors are also available to answer questions and provide support.

# Beyond the Numbers: You are More Than Your Grades



As you navigate through your studies and academic endeavours, it's easy to feel the pressure to achieve high grades. Let's take a step back and remember that your self-worth goes far beyond the numbers on your transcript. With that in mind, here are a few reminders to help you stay focused on what truly matters.

- **Focus on Continuous Learning:** Instead of fixating solely on grades, prioritize the process of continuous learning and improvement. Embrace challenges as opportunities to expand your knowledge and skills, regardless of the outcome. For pharmacists, adopting this mindset is especially important because continuous learning throughout your career will keep you informed, allowing you to offer the highest level of support and care to your patients.
- **Not all Learning is Done in School:** As PharmD students, you understand the significance of practical experience alongside academic achievements. The co-op work terms and patient care rotations required in our program offer a unique opportunity to showcase your skills, learn from real-world scenarios, and grow professionally. Embrace these opportunities to grow, learn, and showcase the diverse skills that will set you apart.
- **Maintain a Balanced Perspective:** While academic success is important, it's essential to maintain a balanced perspective. Don't let grades overshadow your overall well-being, mental health, and personal development. Remember that your worth as a person is not determined by a single grade or academic performance.
- **Celebrate Your Efforts and Progress:** Acknowledge and celebrate the hard work and effort you put into your studies, regardless of the grades you receive. Progress is not always linear, and setbacks are opportunities for learning and improvement. Take pride in your accomplishments!

Your journey as a pharmacy student is about growth, resilience, and becoming the best version of yourself both professionally and personally. Keep pushing forward, stay positive, and believe in your abilities. Need help bouncing back from a bad grade? Utilize your academic and wellness resources by visiting the [Student Support](#) page and [make an appointment with a pharmacy advisor](#).