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2019/20 Mentor Profiles

Alexandra K.

BSc Specialization Integrative Physiology



Hometown:

Lethbridge, AB

Professional Interests:

Medicine, Pharmacy, Graduate Studies



I am involved in:

Some things I'm involved in are: Week of Welcome, Science Mentors, volunteering at the University Hospital, and being an exec for a club that helps homeless youth in Edmonton (HHHY).

A fun fact about me:

I am bilingual in French and English and have been since kindergarten. I also used to be a competitive dancer for 14 years and was even on the National Team. I also love to bake and travel!

My best quality is:

I am very approachable and friendly. I am outgoing and love meeting new people and having great conversations. I am also dedicated to helping others and would love to help you through first year!

My best first year tip is:

Use the abundance of resources on campus. I found Mini Study Groups and help sessions to be helpful. Also, find a favourite study spot. One of my favourites is 4th floor Ed Building.

Favourite Campus activity:

I really like getting involved in student groups. I also really like playing dodgeball and playing in the campus wide dodgeball tournaments. Also, the fitness classes through Van Vliet are great!

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Ali G.

BSc General Chemistry



Hometown:

Edmonton, AB

Professional Interests:

Law, Graduate Studies



I am involved in:

Musicbox Children's Charity, a charity devoted to providing music education to all. As well Brainwaves, a program that advocates about the importance of brain injury prevention to elementary students.

A fun fact about me:

I've lived in Canada for eight years, but the first time I went skiing was in Dubai.

My best quality is:

My drive to help others.

My best first year tip is:

Don't buy all your textbooks. Often times they are available in the holds room at libraries on campus, and sometimes you don't need it more than a couple of times.

Anahat J.

BSc General Biological Sciences



Hometown:

Edmonton, AB

Professional Interests:

Medicine, Dentistry



I am involved in:

I am on the Student Advisory Committee, a faculty leader for Week of Welcome, Tutors for Affordable Education, volunteer at Grey Nun's Hospital, and I work with DiscoverE as a summer instructor.

A fun fact about me:

I love to travel! I have been to most places in Europe as well as other parts of the world. There are many opportunities to go abroad, feel free to ask me about it!

My best quality is:

My ability to persevere. I can also teach you too, on how to persevere and stay motivated!

My best first year tip is:

When creating notes, come up with a few questions each time related to the topic and start compiling them in a document. That way for finals preparation you have a mini study guide/practice test!

Favourite Campus activity:

During my free time, you can see me walking through the trails of the beautiful river valley right here on campus.

Anileen P.

BSc Honors Physiology



Hometown:

Lethbridge, AB

Professional Interests:

Medicine



I am involved in:

I am involved in the Aid for Diabetic Refugees Society, volunteering at the hospital and in the USchool program.

A fun fact about me:

I have lived in three different continents and I hope to visit the rest very soon!

My best quality is:

I am a very friendly and approachable person! I love meeting new people and finding ways to connect with them!

My best first year tip is:

Don't be afraid to ask for help! There are a lot of resources and people on campus that want to see you succeed so don't hesitate to reach out.

Favourite Campus activity:

My favourite campus activity is exploring different parts of campus and finding new spots to study or hang out with my friends.

Anran Z.

BSC Honors Pharmacology



Hometown:

Jinan, China

Professional Interests:

Pharmacy, Graduate Studies, working
after my undergrad degree



I am involved in:

I didn't really joined any campus activity yet, except the photographer club which I don't have time to go. I am trying to find some lab reach for the next year.

A fun fact about me:

I have a ton of headphones, and I only can use one at once.

My best quality is:

I am willing to help people. Every time people ask help from me, if I am too busy, I always try my best to help them.

My best first year tip is:

Socialize is important, but do not forget to study and take care your GPA.

Favourite Campus activity:

Take photos around campus.

Arjun B.

BSc General Biological Sciences



Hometown:

Edmonton AB

Professional Interests:

Medicine



I am involved in:

I volunteer at the Centre for Autism and Canadian Blood Services. I'm VP Fundraising for the Centre for Autism Students' Association. This summer I worked in a research lab studying glycans.

A fun fact about me:

Mosquitos absolutely love me! With me around, everyone else is safe.

My best quality is:

I'm approachable and very patient! I can talk about any random topic and love listening to others' stories!

My best first year tip is:

Don't be afraid to make new friends and talk with people you don't know. Having a familiar face in the class makes it so much easier.

Favourite Campus activity:

Volunteering for campus clubs and going to different events on campus.

Arshdeep R.

BSc General Biological Sciences, Psychology



Hometown:

Edmonton, AB

Professional Interests:

Graduate Studies



I am involved in:

I volunteer at a couple places and also tutor. I love to work with children and any kind of chaos, really. I'd love to answer all your questions about any of this if you have any!

A fun fact about me:

I have a love-hate relationship with peanut butter. I do speak 3 languages - but in 2 of those case writing is sort of at a first grade level (on a good day!) which is something I'd like to work on.

My best quality is:

I tend not to judge - you can talk to me about whatever really and I'll be pretty calm and straightforward about it. I'd also like to think that I'm semi-funny, which may or may not be accurate.

My best first year tip is:

In terms of academics, keep a calendar with important dates and deadlines so you can make the most of your time. Prioritize. Other than that, get enough sleep and try to go easy on that coffee. lol.

Favourite Campus activity:

Hard to choose - but I like the feeling of going home late. You're tired, but you know you the day was productive (and now you can sleep - I enjoy sleeping). Also, walking through the quad is nice.



Basel M.

BSc Honors Physiology



Hometown:

Lloydminster, AB

Professional Interests:

Medicine, Graduate Studies



I am involved in:

On campus, I am involved with the World University Service of Canada (WUSC), and the Kin campus club. I also work in a research lab a few times a week, and volunteer with Catholic Social Services.

A fun fact about me:

I grew up in 3 different provinces, and speak 3 different languages.

My best quality is:

I think my best quality is my ability to empathize with others. I genuinely enjoy talking to and being around other people, and feel that I can easily put myself in the shoes of others.

My best first year tip is:

One of the most important things to keep in mind as a first year is that your GPA does not define you. There is so much more to us as students than our grades, but this is oftentimes forgotten.

Favourite Campus activity:

My all-time favorite thing to do on campus is to meet up with my friends in SUB and go for ice cream or bubble tea.

Brenna H.

BSc General Psychology



Hometown:

Edmonton, AB

Professional Interests:

Medicine, Dentistry, Pharmacy



I am involved in:

Soccer, Capital City Clean Up, Métis and Aboriginal activities, yoga, playing flute, First Peoples' House, UofA open house, Week of Welcome.

A fun fact about me:

I have won 6 provincial titles with my soccer team.

My best quality is:

My ability to empathize with others. I believe it is important to understand and share what others are going through.

My best first year tip is:

Visit your professors to ask them questions or go over exams/assignments. You may get valuable insight. Take things one at a time and don't get discouraged!

Favourite Campus activity:

Volunteering with First Peoples' House.

Bryton W.

BSc General Biological Sciences



Hometown:

Calgary, AB

Professional Interests:

Medicine, Dentistry, Optometry,
Pharmacy



I am involved in:

Kids Help Phone - Crisis Responder, Students Invested in Health Association - Ambassador, Tutors for Affordable Education - VP, ISSS - Director, volunteering at the Good Samaritan Society, piano.

A fun fact about me:

I like to golf and am a huge Calgary Flames fan! I'm always happy to have a conversation around anything hockey related, so stop me if you see me around (I'll likely be wearing a Flames jersey).

My best quality is:

I'm caring, friendly, and approachable. I'm a good listener and you can count on me to be there for you, no matter what struggles or challenges you're facing. I'm also fun-loving and easygoing.

My best first year tip is:

Ask for help if you need it. If you're struggling, you'll be surprised at how much better your university experience becomes when you reach out to on-campus services, your peers and professors!

Favourite Campus activity:

Jogging along Saskatchewan drive on the east side of campus. Our school has amazing views of downtown Edmonton and the river valley, and going for a jog gives you a great chance to take it all in.

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Celina S.

BSc General Computing Science



Hometown:
Calgary, AB

Professional Interests:
Graduate Studies



I am involved in:

A couple of CS related clubs, InSciTE, the Lister residence community, and currently doing summer work with a professor.

A fun fact about me:

I like to draw and I also enjoy admiring other people's artwork and animations! Feel free to show me anything you're working on if you share this interest :)

My best quality is:

Being supportive and admiring other people's interests/passions. While I'm always here to help those struggling, I also enjoy hearing people share things that they're proud of!

My best first year tip is:

Don't give up easily, but also know that it's okay to step down if it's too much (ex dropping from 5 to 4 courses). Work with what you're capable of, and do the best of it.

Favourite Campus activity:

Eating at the Lister cafeteria; I'm probably gonna get shot for this but it's a luxury not having to worry about cooking!

Charlotte L.

BSc Honors Physiology



Hometown:

Sherwood Park, AB

Professional Interests:

Medicine, Optometry



I am involved in:

Volunteering at the Kaye Edmonton Clinic and UofA Hospital, as well as at the UofA Open House. I also completed my own Capstone Research Project in my first year of studies.

A fun fact about me:

I practice yoga frequently and have been since I was a kid!

My best quality is:

I give great, unbiased advice! I like to think I'm level-headed and well-rounded enough to help people with whatever they're going through in many aspects of life.

My best first year tip is:

Prioritize self-care! It's tough to take time for yourself to de-stress, eat well, and sleep lots when University life is so busy. However, it's valuable to your health and your success.

Favourite Campus activity:

Hanging out with friends between classes! Whether that be studying in CCIS or BioSci, or grabbing food at Dewey's.



Chenlin C.

BSc Specialization Computing Science



Hometown:

Wuhan, China

Professional Interests:

Business, working after my undergrad degree



I am involved in:

1. Intercultural Communication Lab where I assist with data collection, data analysis and transcription
2. SVCC in which I assist in club promotions and event organizations.

A fun fact about me:

My friends and I together published two books in high school.

My best quality is:

Taking Initiatives. I always motivate myself to do things that need to be done or improved without being told. It can always act as a little surprise to other people.

My best first year tip is:

Follow your curiosity and try different things. Go to the club fair and try clubs that look fun and interesting to you. You can pick up new hobbies and make a bunch of lifelong friends!

Favourite Campus activity:

1. Wander around, take a walk and play with bunnies and geese.
2. Get involved in different kind of social activities and events through volunteering.

Chi-Yan L.

BSc General Biological Sciences



Hometown:

Penticton, BC

Professional Interests:

Pharmacy, Graduate Studies, Business



I am involved in:

UAlberta Open House Ambassadors and the Student Advisory Committee. I am also a member of the St. Joseph's College Chapel congregation where I volunteer with various liturgical ministries.

A fun fact about me:

I am an avid musician! I have played piano since I was 5 years old and have played flute in concert/jazz bands. I also had an opportunity to perform with a symphony.

My best quality is:

I am a bubbly and outgoing person and I love meeting new people and be a kind and caring friend. I also enjoy being a helping hand/listening ear when needed.

My best first year tip is:

Don't be afraid to ask for help; any type of help (academic/personal) Attend office hours, go to help/tutor sessions, or talk to a trusted adult. Remember that you are not alone!

Favourite Campus activity:

I enjoy playing dodgeball during the Lister Dodgeball League season, Campus Cup, Dodgefest, and other tournaments. It's a great sport where you can exercise, hang out with friends, and have fun!



Christina C.

BSc General Biological Sciences



Hometown:

Edmonton, AB

Professional Interests:

Medicine, Pharmacy



I am involved in:

I'm a Unitea host on campus, volunteer at a senior home for Veterans, and a volunteer supervisor at the Edmonton Heritage Festival. I also crochet, play piano, and watch anime.

A fun fact about me:

I want to start a band with my siblings--look out for our debut...

My best quality is:

I'm down-to-earth and can strike up a conversation with anyone! I also learn meme dances fast and make my friends cringe by doing them.

My best first year tip is:

Don't be afraid to ask for help for anything. Your professor, the TAs, and Peer Support Center (to name a few) are there to help you along your university career.

Favourite Campus activity:

I like going to hip hop classes, watching dance showcases, and teaching unofficial dance classes. But walking--I mean running from ECHA to BioSci between classes is fun too!



Chun Yan X.

BSc General Biological Sciences



Hometown:

Brooks, AB

Professional Interests:

Graduate Studies, working after my
undergrad degree



I am involved in:

I am a co-founder of the Chinese Dramatic Society and a volunteer leader at the Chinese International Student Development society. Other than that, I have a part-time job and also like gardening.

A fun fact about me:

I always like to plan ahead of time, but in fact, I seldomly get chance to keep up with my original plan. However, having a plan is never bad.

My best quality is:

I am a master at forgetting, this may sounds really bad, but it contributes greatly to my optimistic personality.

My best first year tip is:

Lovely people: Please check your emails regularly! You don't want to miss out those important class updates, deadlines, and event notifications. Also, you can get emails from your lovely mentor.

Favourite Campus activity:

My recent favorite campus activity is to walk around the campus to search for great grad photo spots and start collecting ideas for grad photos. It's never too early to get started on that!



Cody G.

BSc Specialization Geophysics



Hometown:

Edmonton, AB

Professional Interests:

Graduate Studies, Business,
working after my undergrad



degree

I am involved in:

Currently, I am an executive for the Phi Delta Theta Fraternity, executive for the UofA STEM Fellowship chapter, an InfoLink Peer Advisor, and actively participate in international geophysics events.

A fun fact about me:

I had to commute to work via helicopter for a previous summer job!

My best quality is:

Moving into my 5th year of university, I have a very wide range of experience and knowledge that I would be happy to share with any new incoming students!

My best first year tip is:

Get involved with a student group or organization on campus as soon as you can! Academics are important but the personal development and relationships built during your degree are just as significant!

Favourite Campus activity:

Bears & Pandas games are very fun to spectate, especially Hockey and Football! The UofA has great teams to go and cheer on!



Constantin M.

BSc with Business minor Biological Sciences



Hometown:

Aleppo, Syria

Professional Interests:

Optometry, Graduate Studies,
Business



I am involved in:

I had the opportunity to run my own capstone project last year. I am an executive for the Pre-Optometry club. I volunteer with DiscoverE fall day camps. I also play soccer in the intramurals league.

A fun fact about me:

On the first hand, believe it or not, I don't like chocolate that much. On the second hand, I went through elementary in Arabic, junior high in French and high school in English.

My best quality is:

My cool temper and ease of mind, along with my positive mentality help me cope with life.

My best first year tip is:

Do what you love and love what you do. Get involved, join student groups that you affiliate with, start conversations and build connections. Finally, make yourself at home.

Favourite Campus activity:

My favorite campus activities include comedy nights at the Students' Union Building, hanging out with friends and the intramural leagues on campus.

Crystal D.

BSc Honors Immunology and Infection



Hometown:

Edmonton, AB

Professional Interests:

Medicine, Graduate Studies



I am involved in:

I will be the co-president for Campus UNICEF and also an active volunteer with the Study Buddy Program. In addition, I will be the third year rep for the Immunology and Infection Student Association.

A fun fact about me:

I'm quite an ironic person in terms of my personality and my preferences. I love watching all sorts of sports and trying different cuisines even though physical activity and cooking are not my forte.

My best quality is:

I am very flexible in my interactions. My number one goal is to make people feel comfortable so I can either be outgoing or calm while maintaining a friendly and welcoming manner.

My best first year tip is:

The sky's the limit! Your university experience is about how you choose to make it. Explore beyond academics opportunities but it's also important not to overwhelm yourself and maintain a balance.

Favourite Campus activity:

Personally, I love hanging out with your friends in an empty classroom watching a movie with some snacks after an intense few weeks of hardcore studying during exam season.

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Daniel D.

BSc Honors Physiology



Hometown:

Hay River, NT

Professional Interests:

Medicine, Pharmacy, Graduate Studies



I am involved in:

I volunteer at an assisted living home, I am involved in a research lab, and play on an EDSA soccer team!

A fun fact about me:

My family lives in Jamaica, so I get to go on a vacation during breaks!

My best quality is:

I'm always willing to help out and go the extra mile to make sure that everyone is happy or gets what they need!

My best first year tip is:

Don't be afraid to introduce yourself to people! Everyone is there to learn and grow, and having friends and people that you know in your classes makes life so much easier!

Favourite Campus activity:

Working out at HFLC or intramural soccer.

David C.

BSc Honors Physiology



Hometown:

Edmonton, AB

Professional Interests:

Medicine, Pharmacy, Graduate Studies,
working after my undergrad degree



I am involved in:

Big Brothers Big Sisters, Table Tennis Club, the Greek organization Pi Kappa Alpha, a Radiochemistry research lab at South Campus, and intramural sports.

A fun fact about me:

I can juggle!

My best quality is:

I think my best quality is my ability to sympathize with what other people are going through and give them advice to help them through it.

My best first year tip is:

Get involved in a variety of activities and don't let your first semester struggles or grades get you down. University is a huge adjustment, don't be too hard on yourself for making mistakes.

Favourite Campus activity:

Drop-in basketball and studying with friends!

Debangana G.

BSc Specialization Computing Science



Hometown:

Mumbai, India

Professional Interests:

working after my undergrad degree



I am involved in:

Volunteering in campus, academic computing projects, philosophy and astronomy clubs.

A fun fact about me:

I can do palm readings! If you ask me to, I can also recite the entire greek alphabet by heart!

My best quality is:

I love being of help. It makes me feel great when I can help out (as long as it's not a group project and my partners find excuses to not work).

My best first year tip is:

Learn the use of pedways to get to classes faster.

Favourite Campus activity:

Theatre every Tuesday at SUB.

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Denise M.

BSc General Biological Sciences



Hometown:

Edmonton, AB

Professional Interests:

Medicine, Graduate Studies



I am involved in:

Volunteering at Pivotal Physiotherapy, the Greek organization of Kappa Alpha Theta, and Science FUNdamentals. I work part time as a lifeguard and enjoy working out, hiking, & hanging out with friends!

A fun fact about me:

I have a birthmark that takes up the entirety of my right hand and I can also touch my tongue to my nose.

My best quality is:

How outgoing and talkative I am. I like making new friends and creating connections with others.

My best first year tip is:

Ask your professors for help when you need it because they want to see you succeed as much as you want to. Secondly, make some pals in class on the first day, who knows, they might be your next bff!

Favourite Campus activity:

Year round, it's rock climbing or lounging somewhere on campus (aka SUB or VVC) with friends. But, when it's football season, definitely supporting the bears by catching a game with some gal pals.



Doha A.

BSc Honors Neuroscience



Hometown:

Edmonton, AB

Professional Interests:

Medicine, Pharmacy, Graduate Studies



I am involved in:

I have an executive position on both the Neuroscience Students Association and the Muslim Students Association. I do photography, and will be continuing hematology research over the summer.

A fun fact about me:

I have been on many road trips and love travelling. My two favourite roads so far are the Icefields Parkway from Banff to Jasper and Going-to-the-Sun Road in Montana.

My best quality is:

I am a great listener, I love to hear about others' stories, and I enjoy sharing my experiences as well. I have a pretty friendly and understanding personality, and love to meet new people.

My best first year tip is:

Remember to take a break, talk to friends, and when the weather is nice outside go for a walk. Classes may become stressful, but don't forget the other wonderful experiences you can have!

Favourite Campus activity:

I always look forward to pancake breakfast days. Having a good breakfast, served fresh, definitely brightens up my mood.

Duane A.

BSc General Biological Sciences



Hometown:

Edmonton, AB

Professional Interests:

Medicine, Business, working after my
undergrad degree



I am involved in:

I currently volunteer at the Telus World of Science as a workshop assistant. I was also recently involved with Week of Welcome and Enactus UAlberta.

A fun fact about me:

I recently developed an interest in urban dance which became one of my favorite activities to do on and off campus!

My best quality is:

I am always open to try new things because I realized that for most of the things that I enjoy now, I would not have even considered before.

My best first year tip is:

Don't buy your textbooks right away. Use the first week or two to figure out if you'll need them. If possible, get a used textbook which is usually less expensive.

Favourite Campus activity:

I always enjoy a good run at the Universiade Pavilion (Butterdome), especially after a stressful day.



Elysha O.

BSc Specialization Immunology and Infection



Hometown:

Chilliwack, BC

Professional Interests:

Medicine, Dentistry



I am involved in:

I am involved in the Immunology and Infection Student's Association, the Rotaract Club of the University of Alberta, and Operation Smile UAlberta.

A fun fact about me:

I am actually quite artistic. I paint and I do lots of photography in many different styles but, my favorite is pet photography as it gives me an excuse to play with other people's pets.

My best quality is:

I am very hardworking and persistent. With the things I love to do, there is nothing that can stand in my way for achieving them.

My best first year tip is:

My best first year tip is to work harder than you ever have before. How hard you worked in high school may not be enough: this is something that took me all year to learn.

Favourite Campus activity:

My favorite campus activity is participating in the group fitness classes. It is the only thing I really did on campus besides studying!



Emma M.

BSc General Biological Sciences, Psychology



Hometown:

Dhaka, Bangladesh

Professional Interests:

Medicine



I am involved in:

I volunteer with the Faculty of Rehabilitation Medicine and Nanotechnology at the UofA. I'm in the Science Internship Program. Currently I'm also working for human rights and the justice system.

A fun fact about me:

I'm a polyglot! I am fluent in English, Bengali, Hindi, Punjabi, and Urdu.

My best quality is:

I'm open to ideas - even to the most stupid ones!

My best first year tip is:

Make an effort to join some clubs and build networks - they can be more helpful than some of your courses.

Favourite Campus activity:

The farmer's market in SUB that gives out free samples. Yum!

Eyram A.

BSc Honors Physiology



Hometown:

Lethbridge, AB

Professional Interests:

Medicine



I am involved in:

I have been working as a Residence Assistant since 2018! I volunteer with the UAlberta Ambassadors & lead campus tours. Also, I am doing research in a Physiology lab that I will carry on to my thesis.

A fun fact about me:

Fun fact about me is that each semester of classes I get involved with a different campus recreation activity. In the past I have done: Zumba, yoga, spin, and burlesque dance.

My best quality is:

My best quality is my dedication. Whether it be to school, relationships, or volunteer commitments. I give my all and I think it has contributed to a lot of my academic and personal successes.

My best first year tip is:

Put effort into making relationships with others. Join clubs & talk to people in your classes! These people will be your support throughout university and you'll make many memories together.

Favourite Campus activity:

My favourite thing to do on campus is look on BearsDen for fundraisers/ activities involving food and going to them! I love trying out new foods and supporting campus clubs in their mission.

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Farah J.

BSc General Biological Sciences



Hometown:

Edmonton, AB

Professional Interests:

Medicine



I am involved in:

I volunteer at the University of Alberta hospital and I take part in a psychology research study at the U of A.

A fun fact about me:

I'm a swim instructor and have been teaching with the city for over 3 years!

My best quality is:

I think I am an outgoing person and can hold a conversation but I can also be a good listener if you need someone to vent too!

My best first year tip is:

Try to find/make friends in all your classes and start the assignments early!

Favourite Campus activity:

Going to the gym in between classes or trying out new places to eat on campus.

Hannah A.

BSc General Biological Sciences, Psychology



Hometown:

Edmonton, AB

Professional Interests:

Medicine, Business



I am involved in:

I am an executive member of the Ronald McDonald House student group, I am also part of Science FUNdamentals and I am also a mentor for the ISSS Mini Study Groups.

A fun fact about me:

When I was bored in one of my grade eight math classes I memorized the first 100 digits of pi and will still recite it for you if you ask!

My best quality is:

My best quality is probably that I'm very energetic. In most situations I always have a lot of energy which usually helps to lighten the mood and helps me stay positive!

My best first year tip is:

My best first year tip is to bring your own coffee! It saves you so much money and time (since you don't have to wait in the crazy long Tims lines) and gives you a little bit of energy for your day!

Favourite Campus activity:

I really love Week of Welcome, it makes going back to school a little more tolerable! It's a great way to socialize, find out about clubs, and gives you something to do in between or after classes.



Heba I.

BSc with Business minor Biological Sciences



Hometown:

St. Paul, AB

Professional Interests:

Medicine, Graduate Studies, Business



I am involved in:

I am the VP Community for ISSS, I work at a biochemistry research lab, and I am also the Research and Development Officer for Hempact!

A fun fact about me:

I am a brown belt in karate!

My best quality is:

I am an adventurous person! I love pushing my boundaries to try new things and meet new people!

My best first year tip is:

I always encourage everyone to try a sport in their first year. It's a great way to de-stress and stay healthy when you need a break from school.

Favourite Campus activity:

I love exploring the business world by doing case competitions with my friends!

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Helen W.

BSc Specialization Pharmacology



Hometown:
Surrey, BC

Professional Interests:
Medicine, Graduate Studies



I am involved in:

I am part of UAFAR, first aid club, as the Vice President of Operations and on the Student Advisory Committee. I also work part-time as a first-aid instructor.

A fun fact about me:

I have a 9 year old fluff ball pomeranian named Leo. I love the outdoors and camping is definitely one of my favorites. I also enjoy swimming as I work as a lifeguard and swimming instructor.

My best quality is:

I am approachable, friendly and cooperative. My goal is to personalize your experience as a mentee for a smooth transition into first year by guiding you through both academic and social life!

My best first year tip is:

Time management! It is so important to keep up with your lectures. Having an agenda can definitely help in terms of prioritization and organization of different tasks.

Favourite Campus activity:

Favorite campus activity would be Week of Welcome when events such as beer garden and club fairs are happening. I also love taking workout classes at the Van Vliet Centre with friends!

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Jannatul M.

BSc General Psychology



Hometown:

Kamloops, BC

Professional Interests:

Medicine



I am involved in:

I am the former President of CANFAR and have been working in the CSAR lab since my first year, having both published articles and experience presenting at conferences.

A fun fact about me:

I have a very unhealthy coffee addiction lol, but that being said, I am the best person to ask about coffee recommendations!

My best quality is:

I try my best to stay positive even if I'm about to fall off a cliff into an ocean of hungry sharks :D

My best first year tip is:

Take a breather. First year can get very overwhelming very quickly but the outcome of that overload depends on how you tackle the situation!

Favourite Campus activity:

Clubs fair is a great time, it's nice to see all the different clubs the university has to offer. You'll be surprised with what's available and how relevant to your interests they might be!

Jaslyn R.

BSc Honors Physiology



Hometown:

Wetaskiwin, AB

Professional Interests:

Medicine, Dentistry, Graduate
Studies



I am involved in:

Various student groups, volunteer at the Edmonton General Continuing Care Centre and the Cerebral Palsy Association, respite worker for kids with disabilities, biochemistry cancer lab summer student.

A fun fact about me:

This summer I went to Costa Rica on a volunteer trip and worked to set up temporary medical clinics in rural communities!

My best quality is:

I'm a good listener and I love sharing my experiences with others to help them learn from my past experiences and successes so they can have the best year possible!

My best first year tip is:

Change up where you study! Check out different libraries and lounges and find a few of your favourite places to study and rotate between those!

Favourite Campus activity:

Getting pretzels at Wetzel's Pretzels.

Jason W.

BSc General Biological Sciences



Hometown:
Edmonton

Professional Interests:
Medicine, Optometry, Pharmacy



I am involved in:

I am the current president of the UofA Pre-Optometry Club. I am also a Faculty Leader for the Week of Welcome, so you may see me during orientation!

A fun fact about me:

I am colorblind, so I have special colorblind correcting sunglasses I use in the summer.

My best quality is:

I enjoy hearing about other people's experiences, and I am always open to new challenges.

My best first year tip is:

If you're struggling with a certain subject, and you're feeling too shy to email the prof, a lot of courses have TA help sessions where graduate students can help you with explaining concepts.

Favourite Campus activity:

I like walking in the farmers market in the Students Union Building. It's held every thursday afternoon and has lots to see.

SCIENCE
SHAPE THE WORLD

Jessica R.

BSc General Biological Sciences



Hometown:

Edmonton, AB

Professional Interests:

Medicine, Graduate Studies



I am involved in:

Big Brothers and Big Sisters In-School Mentoring Program and Tutors for Affordable Education. In my free time I like to sing, play guitar, read, watch Netflix and spend time with my friends and family.

A fun fact about me:

I was born on December 25, which was also the same day as my mom's birthday. So my mom and I are both Christmas Babies!

My best quality is:

I'm always willing to lend an open and understanding ear, while also giving my most honest opinion and support. Being accountable, kind and helpful to others have always been my priorities.

My best first year tip is:

Take advantage of everything the university has to offer and get involved in opportunities that'll make first year memorable! Grades are important but also make time to do things you genuinely love!

Favourite Campus activity:

My favourite campus activity would be going with my friends to see the wellness dogs! They are so adorable that it'll give you a moment to smile and forget all about your stress!



Jiyeon S.

BSc Honors Neuroscience



Hometown:

Edmonton, AB

Professional Interests:

Medicine, Graduate Studies, working after my undergrad degree



I am involved in:

I'm volunteering at the Stollery and I play the clarinet in the UofA concert band. I'm also taking BJJ classes on campus and like to go to the gym sometimes. I've also been working at research labs.

A fun fact about me:

I love music and art (drawing and painting), and I recently took up calligraphy.

My best quality is:

I like listening to people, be it their life stories or venting about something they're passionate or angry about. If you need somebody to talk to, I would love to listen!

My best first year tip is:

Make your first year an adventure, and do absolutely everything you can do to explore the university. Go and check out as many events as possible, and take advantage of free stuff on campus!

Favourite Campus activity:

I love going bouldering and taking random fitness classes like kickboxing and Brazilian Jiu Jitsu (which I fell in love with), and I also really like getting bubble tea from Teapsy.

Joe H.

BSc Specialization Computing Science



Hometown:

Edmonton, AB

Professional Interests:

Graduate Studies, working after my
undergrad degree



I am involved in:

Ada's team (Computing science club). I like to attend workshops to develop my coding skills.

A fun fact about me:

I have never travelled outside of Canada! I would like to escape Canada's cold someday and do some exploring in Europe, Asia or the Middle East.

My best quality is:

I am a great listener. I'm always up to hear people out and to be someone who they can talk to without any pressure.

My best first year tip is:

Get help with assignments/concepts if you need it. Whether it be by attending office hours or going to the help centres.

Favourite Campus activity:

I love to explore campus to find the best study spots.

Julia C.

BSc Honors Neuroscience



Hometown:

Calgary, AB

Professional Interests:

Medicine, Graduate Studies



I am involved in:

I am a summer student in a neuroimaging research lab and I volunteer at the U of A Hospital. I also volunteer for Week of Welcome and am entering the Peter Lougheed Leadership College!

A fun fact about me:

I love dogs and have two of my own, Skippy and Biscuit!

My best quality is:

I'm a great listener and supporter! I'm also super approachable and love to help, if you ever need anything or just want to chat I'm always available!

My best first year tip is:

Check out the Student's Union Farmers' Market on Thursdays from 10am-2pm! They have super tasty treats!

Favourite Campus activity:

I love trying out new fitness classes on campus, I've tried yoga, spin, functional fitness, and sculpt!

SCIENCE
SHAPE THE WORLD

Justin K.

BSc Honors Biochemistry



Hometown:

Edmonton, AB

Professional Interests:

Medicine, Graduate Studies



I am involved in:

I am involved in tutoring (MSG) and mentoring volunteering activities, and I volunteer as a first aider. I do karate, like skiing, camping, and video games. I am doing cancer research this summer!

A fun fact about me:

A fun fact about me is that I took all my schooling from kindergarten to grade 12 in French! This was through the French-Immersion program and the only classes I took in English were... English class!

My best quality is:

My best quality is that I always try to look from everyone's perspective before making judgements. I think this helps me avoid personal biases and accept other points of view more easily.

My best first year tip is:

My best first year tip is to join a Mini Study Group (MSG)! This is a great way to meet students in your classes and to get help with your course from a senior student who has already taken it!

Favourite Campus activity:

My favorite campus activity is rock climbing at the Van Vliet climbing wall. As a student, your membership fee is already paid, so you can go there anytime! A great way to de-stress and exercise.

SCIENCE
SHAPE THE WORLD

Kai Jun M.

BSc Specialization Molecular Genetics



Hometown:

Regina, SK

Professional Interests:

Medicine, Graduate Studies, Business,
working after my undergrad degree



I am involved in:

I am an executive of a volunteering club called CKI. I've also gotten into the Ambassador program and I enjoy doing taekwondo at a club right here on campus.

A fun fact about me:

I went abroad for the summer after my first year. So I've got a lot of stories to tell and you can also get some tips about going abroad from me.

My best quality is:

I love my calendars and daily planners so I'd say I'm pretty organized.

My best first year tip is:

Say hi to the person sitting beside you on the first day. Almost everybody is feeling a bit nervous so go make a friend. At the very least, you'll have someone you can get notes from.

Favourite Campus activity:

Getting free pancakes at the beginning of every semester!

Kara G.

BSc Specialization Molecular Genetics



Hometown:

Edmonton, AB

Professional Interests:

Graduate Studies



I am involved in:

On campus I am involved in Biol 499, InSciTE, and am currently working towards the Research Certificate in Biology. Off campus I relax through photography and volunteering at my local farmers market.

A fun fact about me:

On top of big biology nerd, I am a huge geek. I love to read fiction and fantasy novels and enjoy different sci fi TV shows and movies.

My best quality is:

My best quality is my organizational skills and leadership ability, both of which are constantly in development. I also pride myself on open communication and honesty.

My best first year tip is:

Get comfortable asking questions and talking to your professors, they are here to help you.

Favourite Campus activity:

Exploring the many campus buildings, Golden Bears Hockey, Clubs fair, research poster presentations, and many SU events.

SCIENCE
SHAPE THE WORLD

Kara M.

BSc General Chemistry



Hometown:

Richmond, BC

Professional Interests:

Medicine, Pharmacy, Graduate
Studies



I am involved in:

I am the President of the Chemistry Students' Association which is a great way to get to know the department and your fellow students. I also love to get active and play intramural volleyball!

A fun fact about me:

I am also a dance teacher! When I am not in a Chemistry lab I spend my time in the studio working with students on all genres of dance.

My best quality is:

I try new things! There are so many opportunities at University and you will only know what activities are right for you when you give them a try.

My best first year tip is:

Take Breaks! First year can be overwhelming and the best way to be productive is allow yourself and your brain to rest.

Favourite Campus activity:

Going to the observatory! It is located on the 5th floor of CCIS right on campus. There is so much to see and learn about outside of class lectures.

Kat V.

BSc Honors Pharmacology



Hometown:

Calgary, AB

Professional Interests:

Graduate Studies



I am involved in:

A couple of clubs where I've been a part of the executive team, I've volunteered at the hospital, I've done a couple research projects and I'm currently participating in an internship.

A fun fact about me:

I have a bunch of decorative ducks around my apartment. I don't know how this happened as I'm terrified of ducks but one day someone just gave me one and now it has snowballed into this team of ducks.

My best quality is:

I'm hardworking! If I'm involved in something I try and put my best foot forward and give it all my effort.

My best first year tip is:

To get involved or join a club! I personally think it's the best way to meet new people and make new friends who share at least one common interest.

Favourite Campus activity:

My favorite campus activity is getting a mocha or getting something to eat at Filistix with my friends.

Kieran M.

BSc Honors Immunology and Infection



Hometown:

Edmonton, AB

Professional Interests:

Medicine, Graduate Studies



I am involved in:

Over my degree I've been involved in a number of activities ranging from running charity-based clubs and volunteering with supportive listening services to self-directed research in labs.

A fun fact about me:

I've perfected the art of microwaving minute rice in 58 seconds.

My best quality is:

My curiosity. I've a bit of a bad habit of throwing way too many questions at people when I get excited about a topic I'm learning of. Watch out!

My best first year tip is:

Definitely get to know the academic supports that are available to you as a first-year student. Things like the Decima Robinson centre, first year lab help rooms, and mini study groups can help a ton.

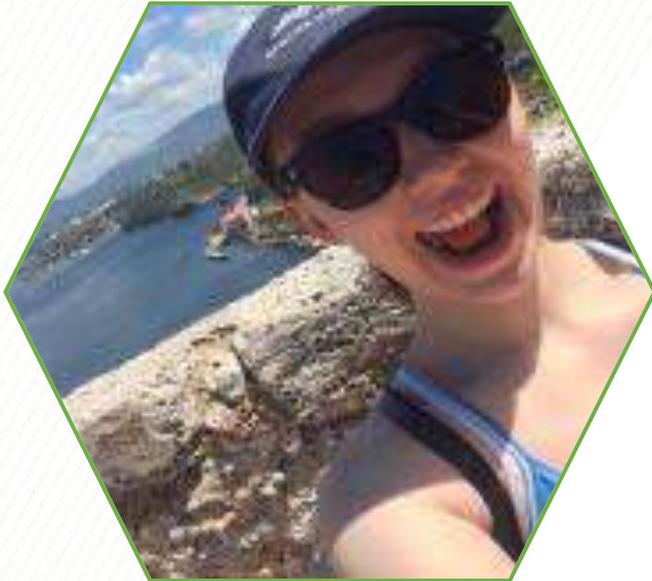
Favourite Campus activity:

I'm completely addicted to bouldering at the climbing centre we have here on campus. I always try to sneak away whenever I can during the day to get some time in.



Larissa O.

BSc Specialization Molecular Genetics



Hometown:

Okotoks, AB

Professional Interests:

Graduate Studies



I am involved in:

I volunteer with Friends Across Campus, carry out research in one of the UofA genetics labs, and am working towards the Research Certificate. I also have a passion for volunteering abroad!

A fun fact about me:

I rode a horse for the first time when I was 5 and ended up falling off. After the fall, I stood up and told my mom that I wanted to take horse riding lessons. I've been riding horses ever since!

My best quality is:

I'm always pushing myself out of my comfort zone. This has allowed me to meet new people, become more confident, and find new opportunities that wouldn't have been available to me otherwise.

My best first year tip is:

Remember that you are not alone and that your peers, TAs, profs, and other student services are there to help you succeed! Don't be afraid to ask for help with your school work and/or mental health.

Favourite Campus activity:

I love checking out conferences and poster presentations where I can meet and talk with professors and students who may share similar interests with me. They sometimes involve free food and games too!



Lujia C.

BSc General Biological Sciences, Mathematics



Hometown:

Edmonton, AB

Professional Interests:

Medicine, Graduate Studies, Business,
working after my undergrad degree



I am involved in:

I'm part of Science FUNdamentals, which is a student-run club that goes to elementary schools once a month for science presentations. I also volunteer for TeamUp Science's events throughout the year.

A fun fact about me:

I want to publish a book sometime in my life! Whether it's a novel, picture book or even a textbook, I always loved reading and writing, and I want to explore this area of creativity on a larger scale.

My best quality is:

I love making people laugh. Despite being on the introverted side, I think I'm pretty funny (but I guess that's for you to decide). Tell me your best math joke if you ever see me around campus :D

My best first year tip is:

Get help when you need it. Such as office hours, TAs, help centres, study groups, tutors... you name it! We are all here because we want you to succeed and to help you get that sweet degree!

Favourite Campus activity:

My weakness is free/low-budget uni events! From swing dancing, paint nights, and K-pop workshops, there's always tons of great events where you can meet people and treat yourself every so often. :)

Maddie I.

BSc Honors Immunology and Infection



Hometown:

Calgary AB

Professional Interests:

Medicine, Pharmacy, Graduate Studies



I am involved in:

I am faculty leader with Week of Welcome, a part of the immunology students executive team, and I volunteer at the hospital. I have also been involved with study buddies.

A fun fact about me:

I will stand in the Tim Hortons line, no matter how long it may be.

My best quality is:

I am an excellent listener, so if you ever need to vent or want anyone to talk to, I am available. I am also very funny.

My best first year tip is:

Make sure to take breaks from studying, get enough sleep, eat properly, and make time for friends. Also find out where all the pedways are before it gets cold.

Favourite Campus activity:

I enjoy walking around campus, especially in the fall when all the trees look pretty.



Madeline C.

BSc General Chemistry



Hometown:

Edmonton, AB

Professional Interests:

Medicine, Graduate Studies



I am involved in:

I am committed to helping others, which I do as the VP Finance for Tutors for Affordable Education, and throughout my volunteering off-campus at a hospital and in a long term care center.

A fun fact about me:

I love nature, and am currently learning to take care of plants, such as my flowered cactus, Pickles. I am also learning more about photography, in the hopes of taking beautiful nature photographs.

My best quality is:

I am optimistic, and am always looking to learn and grow from life. In addition, I am very empathetic, a good listener, and open about my own experiences in university.

My best first year tip is:

Remember to take breaks in your studies! Not only will this help you retain more information, but it may allow you to take a step back and appreciate the incredible information you are learning.

Favourite Campus activity:

The University of Alberta campus is beautiful, and while the weather permits it I love to walk around and explore the campus. From cafés to different study spots, the campus is full of surprises.



Mehrab M.

BSc Honors Computing Science



Hometown:

Dhaka, Bangladesh

Professional Interests:

Graduate Studies



I am involved in:

I am currently a Research Assistant under professor Amaral, working on a project using RISC-V computer architecture. I am also a member of the Programming Club and the Video Art and Design Club.

A fun fact about me:

I am a huge Bibliophile. I also have a massive love for comic books and video games.

My best quality is:

I am highly passionate about anything i do. I always try to get the work done no matter what.

My best first year tip is:

If you ever face any hurdles or challenges in University, be sure to remember that the Uni has a massive collection of resources and services at your disposal to help you out with your problems.

Favourite Campus activity:

Attending the weekly programming club meetings.



Michelle T.

BSc General Biological Sciences



Hometown:

Edmonton, AB

Professional Interests:

Pharmacy, Graduate Studies,
Business



I am involved in:

I volunteer in a lab researching neurodegenerative diseases and in Campus Unicef. You'll also find me helping out at various campus events like Open House, Science FUNday and Alumni Week.

A fun fact about me:

For some reason, I'm really good at baking macarons. If you can't seem to get it right, I'll give you some and you can say you made them. I also have scars on my eyelids (unrelated, I know).

My best quality is:

I'm a very curious and attentive person. Other than these qualities being helpful in school, I can remember a lot about my mentees which let's me better personalize their experience with this program.

My best first year tip is:

Time management is key; don't spend all your time studying. You'll be less miserable if you're able to do things you enjoy! So find a good balance between leisure life and school life.

Favourite Campus activity:

I really enjoy going to the weekly farmer's market that happens in SUB. It's always nice chatting with the vendors and seeing what neat things they're selling.

SCIENCE
SHAPE THE WORLD

Mifzaal F.

BSc Honors Neuroscience



Hometown:

Edmonton, AB

Professional Interests:

Medicine, Dentistry,
Graduate Studies



I am involved in:

I have volunteered with CBS, my local hospital, and have been a BBBS mentor and an open house ambassador multiple times. I have also been part of multiple youth associations and the MSA on campus.

A fun fact about me:

I love watching and playing all sports, from baseball to soccer and anything in between!

My best quality is:

My best quality is my compassion and desire to see others succeed!

My best first year tip is:

Make a schedule! I didn't do this until my second semester of my first year but after starting then, I have done it for every semester of my degree including the spring semester.

Favourite Campus activity:

My favourite campus activity is playing pickup basketball at the main gym!

Nandini B.

BSc General Biological Sciences



Hometown:

Edmonton, AB

Professional Interests:

Medicine, Dentistry, Graduate
Studies



I am involved in:

I volunteer at a community hospital every week. I'm a member of both Biology Students' Departmental Association and Science Mentorship Program. I also tutor and I am involved in research on campus.

A fun fact about me:

I love to travel and have visited many places around the world. I hope to travel to at least six of the seven continents around the world. I can also speak 5 different languages!

My best quality is:

I believe in being friendly and reaching out to make new friends wherever I go. I am very open and easy to approach. I love to share my experiences and listen to any stories others have to share.

My best first year tip is:

Maintain a calendar so you can note down important dates like midterms and finals. Also GET INVOLVED in clubs or activities as it can enrich your university experience. Remember self care is key!

Favourite Campus activity:

I really enjoy going to the fun activities that are hosted by various science departments and have the opportunity to meet new people.



Nicole S.

BSc Specialization Integrative Physiology



Hometown:

Edmonton, AB

Professional Interests:

Medicine



I am involved in:

I volunteer at the University of Alberta hospital, the Citadel Theatre and with Science Fundamentals. Over the summer I volunteer as a day camp teacher and camp counselor.

A fun fact about me:

I work at an arcade, but I still don't know the trick to winning the giant claw machine, and sadly haven't mastered DDR yet.

My best quality is:

My best quality is how personable I am, I love meeting new people and want to make any interaction as casual and comfortable as possible.

My best first year tip is:

Don't be afraid to start a conversation with somebody, meeting different people and making meaningful relationships can only benefit you.

Favourite Campus activity:

Checking out whatever is going on in the quad, a lot of the time they give out free stuff and is overall lot's of fun.



Nicole W.

BSc Specialization Psychology



Hometown:

Calgary, AB

Professional Interests:

Medicine, Graduate Studies, working after my undergrad degree



I am involved in:

Week of Welcome, knitting & game clubs, wheelchair basketball, cognitive neuroscience research, volunteering at Elder Care and a neurotechnology innovation club!

A fun fact about me:

I can do a wheelie in my wheelchair, and I'm learning to climb short sets of stairs! My service dog Archer and I love to go on adventures together.

My best quality is:

I like to think I'm really compassionate, and I love helping others resolve issues or problems. I struggled a lot in my first year but I think that made me into an understanding, resilient student.

My best first year tip is:

Get involved! Whether it's joining a club, playing intramural sports, or volunteering, make sure you do things other than just academics while you're here! University IS supposed to be fun.

Favourite Campus activity:

The opening football game! It's always a blast to feel the school spirit. Plus, it's a fun way to spend time outside of classes starting!

Nitya K.

BSc Specialization Pharmacology



Hometown:

Wetaskiwin, AB

Professional Interests:

Medicine, Graduate Studies



I am involved in:

I help out at the Shack (come find us! In CCIS L2), and I'm involved in a bunch of student groups on and off campus. Pretty much year-round, I do research. I also like kickboxing!

A fun fact about me:

I did air cadets! And, I can understand most of the Crash Course Chemistry YouTube videos at 2x speed without captions.

My best quality is:

I live off of my Google Calendar, and that makes me reliable: when I say I'll get something done, I commit to excelling.

My best first year tip is:

Take short breaks when you are studying - it really helps! And, head to Clubs Fair at the beginning of term to decide which student groups you want to join: try something outside of your comfort zone!

Favourite Campus activity:

I like walking around campus! I've been to nearly every building on campus - some at very odd hours.



Prachi S.

BSc Specialization Physiology and Developmental Biology



Hometown:

Fort McMurray, AB

Professional Interests:

Medicine, Graduate Studies



I am involved in:

On campus I am involved with the ISSS, PMSA, The Gateway, and SDGs at UAlberta. I am also involved in research.

A fun fact about me:

I started collecting shot glasses as souvenirs from all the places I've traveled too and I have more than 60 now!

My best quality is:

I'm friendly and approachable, I love chatting with new people so don't be afraid to come say hi!

My best first year tip is:

Make sure you read the syllabus and note down all important dates! It's easy to forget things once term gets going.

Favourite Campus activity:

I love going around Clubs Fair and seeing all the clubs and activities going on, as well as meeting new people!



Preet P.

BSc General Physics



Hometown:

Fort McMurray, AB

Professional Interests:

Graduate Studies



I am involved in:

I've been involved in many extracurricular activities throughout my undergraduate career. Currently, I'm a volunteer at the hospital and an executive for a student group.

A fun fact about me:

I'm left handed and double jointed!

My best quality is:

I'd like to say that I can empathize easily with people. This leads me to listen more and give support to others.

My best first year tip is:

Join lots of clubs for free pizza and food!

Favourite Campus activity:

My favorite campus activity would have to be finding new study spots. I like to change things up once in a while and it's great when you can find a nice area to grind out assignments/papers.



Priya T.

BSc Specialization Psychology



Hometown:

Calgary, AB

Professional Interests:

Medicine, Graduate Studies



I am involved in:

I am involved in few groups and researches around campus. I volunteer at a hospital and clinic throughout the year.

A fun fact about me:

I love watching horror movies and have watched almost all on netflix. I am also a foodie. I love to try different kinds of food and explore new cafes and restaurants.

My best quality is:

Approachable and a great listener. I like to help other people and can listen to whatever a person has to say with an open mind.

My best first year tip is:

Don't be afraid to ask for help. Go to office hours, join study groups and plan things ahead for your first midterm. Also remember to have fun and make new friends!!

Favourite Campus activity:

comedy nights, hypnotist show and Week of Welcome.

SCIENCE
SHAPE THE WORLD

Rachel Y.

BSc Honors Molecular, Cellular, and Developmental Biology



Hometown:

Guangzhou, China

Professional Interests:

Medicine, working after my undergrad degree



I am involved in:

Volunteering with student clubs like Circle K International, the Ambassador program, and the Science Mentor Program.

A fun fact about me:

I love food and am willing to try anything! Also, I can play a gourd pipe, which is an instrument made of a fruit and bamboo pipes.

My best quality is:

I love a challenge. I'm not scared to fail or try hard things.

My best first year tip is:

Get involved and go to the Clubs Fair during Week of Welcome!

Favourite Campus activity:

Tinkering with 3D printed things in the SHACK.

Reihaneh A.

BSc General Psychology



Hometown:

Shiraz, Iran

Professional Interests:

Medicine



I am involved in:

I am involving in research project relating to aquatic species and also in other research project which is relating to animals such as mice.

A fun fact about me:

I am playing violin.

My best quality is:

I always listen to people with patience and try to be really positive.

My best first year tip is:

My first year tip is to plan ahead to do the assignments and study for the midterms at least in two weeks before the midterm date. And the important thing is to listen carefully in class.

Favourite Campus activity:

My favourite activity is going to workout.

Rishi D.

BSc General Psychology



Hometown:

Edmonton, AB

Professional Interests:

Medicine



I am involved in:

I coach kids in soccer and basketball, I'm also president of The PotLuck Club, it's open to everyone so if you're interested in good food and meeting new people feel free to let me know.

A fun fact about me:

I have a huge fear of birds, I'm not sure why.

My best quality is:

I think I'm pretty relatable and honest. I think it's important to connect with people around you in a genuine way and I try to do my best.

My best first year tip is:

Prioritize sleeping (at night). I definitely didn't as that picture is of me in first year but sleep really is essential to doing well. Bad sleeping habits are really hard to change in my opinion.

Favourite Campus activity:

Probably the Drop In sports available, my favourites are basketball and badminton.

SCIENCE
SHAPE THE WORLD

Rohini Roy R.

BSc Honors Molecular Genetics



Hometown:

Dhaka, Bangladesh

Professional Interests:

Medicine, Graduate Studies



I am involved in:

I work at a medical genetics lab and I also received the AIHS grant this year (I do CRISPR!). I am also a Sustainability Ambassador and a lab volunteer at WISEST.

A fun fact about me:

If I receive an acceptance letter from Hogwarts tomorrow, I will accept it. Also, I know all the Harry Potter spells.

My best quality is:

I am very approachable and I like to keep myself updated with memes. Recently, I have been trying out the zero waste lifestyle so I am saving the planet too!

My best first year tip is:

Try not to procrastinate. You will thank yourself later.

Favourite Campus activity:

I love going to the Farmer's Market every Thursday. There is something really magical about the Tzatziki, the cookies and the Moonshine donuts.



Sage G.

BSc Honors Neuroscience



Hometown:

Sherwood park, AB

Professional Interests:

Medicine, Graduate Studies

I am involved in:

I'm involved in Science FUNdamentals, Stollery children's hospital club, Intramural futsal, Taekwondo club, and skating on campus.

A fun fact about me:

I grew up in Germany.

My best quality is:

Patience and working with others in a group.

My best first year tip is:

Take the semester one week at a time and get involved in the community around you.

Favourite Campus activity:

My favorite campus activity is walking around campus and finding new locations and shortcuts.

Saham D.

BSc General Biological Sciences



Hometown:
Westlock, AB

Professional Interests:
Graduate Studies



I am involved in:

The Science Mentor Program as a Senior mentor, Exec for Aid for Diabetic Refugees, Red Cross Canada, the Economics English Conversation Club and I'm doing a linguistics research project this fall!

A fun fact about me:

If there's ever a trivia night for Harry Potter, I'm your girl!

My best quality is:

I'm super approachable! I'm super interested in getting to know other people and learn from them.

My best first year tip is:

Have a planner! Scheduling is so important to stay on top of everything (school work, exams, extracurricular activities etc...). It seems like EVERYTHING always ends up being due the same week.

Favourite Campus activity:

Walking around campus and seeing all the different events/sales that are happening. Look at Bearsden for all the activities that clubs are having.

SCIENCE
SHAPE THE WORLD

Saloni K.

BSc Honors Physiology



Hometown:

Calgary, AB

Professional Interests:

Medicine, Pharmacy, working after my undergrad degree



I am involved in:

In campus: the Undergraduate Physiology Students Association (UPSA) and Science FUNdamentals.
Outside Campus: Volunteering at Canadian Blood Services and Alberta Health Services.

A fun fact about me:

I can drive a motorcycle!

My best quality is:

I'm honest. I have had a multitude of experiences in my university years, and I am more than willing to talk openly about them, whether they be positive or negative.

My best first year tip is:

Don't let dissatisfactory results bring you down. First year is an adjustment, be kind to yourself!

Favourite Campus activity:

Getting ice cream or bubble tea at SUB with my roommate. It gives us time to catch up, and the bubble tea at Teapsy is delicious!

SCIENCE
SHAPE THE WORLD

Sharon N.

BSc General Biological Sciences



Hometown:

Edmonton, AB

Professional Interests:

Education



I am involved in:

I am a Team Leader at the Campus Food Bank and a Faculty Leader for Week of Welcome.

A fun fact about me:

I love to travel! I save up money, spend it all on travelling and repeat this cycle over and over again. I also like to lowkey think of myself as a foodie and love trying out new restaurants and cafes.

My best quality is:

I am a people-oriented person and find true happiness through interactions with others. I love making new friends so don't be shy!

My best first year tip is:

The best fries - Feta Olives. The best coffee - Cookies by George. The best donuts - The Undergrind. The best bang for your buck - \$6 footlongs at Subway.

Shee Yeow C.

BSc Honors Computing Science



Hometown:

Johor, Malaysia

Professional Interests:

Graduate Studies



I am involved in:

I am currently in the ISS (international student service). I love doing volunteering, sports and attend CS related events.

A fun fact about me:

I always try my best to help anyone that is in trouble. I am also very honest too.

My best quality is:

I am responsible, love socializing and also a good listener.

My best first year tip is:

Try to adopt the new teaching style and get used to study by yourself will be a good way to start. Know more resource and service in the campus so you can get some help when you are in a hardship.

Favourite Campus activity:

Go to the gym, swimming and bouldering.

Shruti S.

BSc Specialization Cell Biology



Hometown:

Fort McMurray, AB

Professional Interests:

Medicine, Optometry, Graduate
Studies



I am involved in:

I am involved with several campus groups including ISSS, PMSA and Arts for YoungSTARS. In my free time I love to paint and watch Netflix.

A fun fact about me:

I always keep up with the Kardashians.

My best quality is:

I love pushing myself outside my comfort zone and trying new things! This has really helped me grow and discover new interests.

My best first year tip is:

Explore campus and find your study spot! It helps take a little bit of stress off when studying for exams.

Favourite Campus activity:

My favourite campus activity is walking around clubs fair and seeing all the different student groups out there (and getting free pizza)!

Sydney H.

BSc Honors Physiology and Developmental Biology



Hometown:

La Glace, AB

Professional Interests:

Graduate Studies, working after my undergrad degree



I am involved in:

University of Alberta Outdoors Club, Rehabilitation Robotics Laboratory.

A fun fact about me:

I'm a second year graduate student in the Faculty of Rehabilitation Medicine, graduated from BSc in 2018. I can SCUBA dive!

My best quality is:

I am fiercely honest. I value integrity and authenticity above all.

My best first year tip is:

Find what works for you. Become who you were meant to be by trying things out and being honest if something doesn't work for you.

Favourite Campus activity:

Going to the gym! Also love bears hockey games and campus clubs.

Tirza F.

BSc General Undeclared



Hometown:

Devon, AB

Professional Interests:

Medicine, Graduate Studies, working after my undergrad degree



I am involved in:

Some of my hobbies include sports, music, and anything to do outside. I also love volunteering with preschoolers.

A fun fact about me:

I love to read! Books about basically any topic often fill my evenings.

My best quality is:

I am a great listener; I value everyone's thoughts and opinions. I enjoy hearing about other people's experiences and learning new and interesting things as a result.

My best first year tip is:

Put aside some time for yourself! I found that taking the time to do some activities that I enjoy actually helped me be more productive and motivated.

Favourite Campus activity:

Going for walks around campus is my favourite thing to do! Campus is in a beautiful location and by exploring I often find great lunch/study spots.

Truc H.

BSc Specialization Psychology



Hometown:

Tra Vinh, Vietnam

Professional Interests:

Graduate Studies



I am involved in:

the International Student Welcome Ambassador, faculty leader for Engineering, Study Buddy, and researching in lab over the summer. I also like to play violin, biking and spend time with my family.

A fun fact about me:

Even though I have my Driver License, I am scared of cars every time I am on the road. At that time, every theory that I learned from the Driver's Handbook doesn't seem to be helpful to me at all. :(

My best quality is:

very outgoing and easy to approach. I like making new friends and you can be the next one. :)

My best first year tip is:

Your journey in university will be a challenging experience, but it will also be a fun one if you strive to find your true-self. Be passionate, keep learning every day and don't forget to have fun.

Favourite Campus activity:

I like to hang out with my friends at the SU building during lunch time. The best thing to do is exploring the highest floor of different buildings and looking at the campus view.



Urbah S.

BSc Specialization Molecular Genetics



Hometown:

Karachi, Pakistan

Professional Interests:

Medicine, Business, working after my undergrad degree



I am involved in:

Safewalk, WISEST, InSciTE, Synthusiasts, Ualberta Climbing club, Sci FUNDay.

A fun fact about me:

Two-time champion in the NWT Archery Territorials (there wasn't much competition but still).

My best quality is:

I'm good at listening and supplying you with memes. So many memes. They cover a world of pain. I try to put myself in your shoes, and be as real/honest as possible.

My best first year tip is:

Go to office hours; use your weekends for lab paperwork and catching up. It'll keep you afloat. The Daily Grind sells the best mochas and their zucchini-carrot loaf has chocolate chips in it :D.

Favourite Campus activity:

Rock climbing, getting ice cream/ mango slush from Teapsy after a bad day.

Vaishvi P.

BSc Specialization Cell Biology



Hometown:

Fort McMurray

Professional Interests:

Medicine, Graduate Studies



I am involved in:

I am a part of a few student groups and organizations on campus, and partake in undergraduate research. In my downtime, I take pictures for the university magazine called the Gateway.

A fun fact about me:

I love amusement parks and roller coasters!! My goal is to ride the world's tallest roller coaster, hopefully soon. I also love the Office and I rewatch it every summer.

My best quality is:

I am an outgoing individual, and am pretty easy to talk to. I can also be a very good listener. If you ever need a listening ear or someone to talk to, let me know.

My best first year tip is:

Find a way to get involved, join a student group, club, and try new things! It's the best way to meet new people, to make new friends and to make the most of your university experience.

Favourite Campus activity:

Giving campus tours to prospective students and guests and giving them a taste of the UofA.



Vincent M.

BSc Honors Microbiology



Hometown:

Calgary, AB

Professional Interests:

Medicine



I am involved in:

I am involved in the Heart of the City Music Program club, where we offer piano lessons to underprivileged children, and I currently do biological research in the Raivio lab in CCIS.

A fun fact about me:

I love plants! I personally grow a sizable collection of succulents, and have a particular interest in carnivorous plants as well. Check out my plant instagram [@thelistergreenhouse!](https://www.instagram.com/thelistergreenhouse/)

My best quality is:

I like to think that I'm a pretty motivated and driven individual that works hard to achieve my goals. I love challenges, I enjoy problem solving, and I'm ready for anything that life throws my way.

My best first year tip is:

Find a club that you are passionate about! Having an activity outside of just school is a great way to interact with the greater UofA community.

Favourite Campus activity:

I enjoy participating in the Campus Cup dodgeball tournament that the UofA runs every year!

Youness E.

BSc Specialization Immunology and Infection



Hometown:

Edmonton, AB

Professional Interests:

Medicine



I am involved in:

I graduated from my science degree in 2013 and finished medical school in 2017. I am now midway through my residency training at the UofA hospital specializing in hematology and transfusion medicine.

A fun fact about me:

I own a 21 year old cat but I'm a dog person.

My best quality is:

I value my sense of humour. Beyond that however I have much experience having been at the UofA for 11 years now in both undergraduate and professional programs. I can help at various stages of studies.

My best first year tip is:

Make friends; you might not remember all that you learned in lecture but you will remember the people you meet.

Favourite Campus activity:

I've gotten into hockey as of late which is eating up much of my free time and money.

SCIENCE
SHAPE THE WORLD

Youwei C.

BSc Honors Computing Science



Hometown:

Qing dao, Shan Dong, China

Professional Interests:

Graduate Studies, Business, working
after my undergrad degree



I am involved in:

ISSS event assistant , problem solving club(programming), Kickboxing class right now, and hip-hop dancing class in the future.

A fun fact about me:

I am open mind , happy to learn and touch new things.

My best quality is:

Enthusiasm and positive.

My best first year tip is:

Van Vliet Centre GYM offer lots of interesting sport courses.

Favourite Campus activity:

Brazilian jiu jitsu , kickboxing, swimming, football, basketball etc...

Zahra M.

BSc Honors Biochemistry



Hometown:

Dhaka, Bangladesh

Professional Interests:

Graduate Studies, working after my undergrad degree



I am involved in:

- Summer Research Student under Dr. Febbraio at Faculty of Medicine & Dentistry
- Sustainability Ambassador at Sustain Su
- Certified Tutor under SU

A fun fact about me:

I have gone paragliding in Nepal and that was the best experience ever! Highly recommend!

My best quality is:

I always try to be as understanding as possible and take different perspectives into account.

My best first year tip is:

Be as active as you can! Make friends, join clubs, volunteer ! But, definitely prioritize your education while doing that. Set yourself up for success while having fun!

Favourite Campus activity:

Research Crawls hosted by URI (University Research Initiative).

Zain P.

BSc Specialization Pharmacology



Hometown:

Edmonton, AB

Professional Interests:

Graduate Studies



I am involved in:

I am a 3rd Year Rep for the Pharmacology Student's Association. I also volunteer in the Hubbard Lab. I also help with recruitment for the Faculty of Science.

A fun fact about me:

I was born and raised in the UK! I moved to Edmonton at the age of 12.

My best quality is:

I like to talk a lot, but also like to listen a lot -- so I guess you could say I'm a pretty balanced individual.

My best first year tip is:

There are hundreds of student groups on campus, so if you're having a hard time finding new people to meet, join a club! There's bound to be a club that pertains to your interests!

Favourite Campus activity:

Week of Welcome is super fun because of the variety of activities available, including Clubs Fair and "Taste of the U".

