

Brock Graduate Students' Association

THE GRADUATE GAZETTE

VOLUME 3 / ISSUE 9



AUGUST 2025

BI-MONTHLY NEWSLETTER FOR GRADUATE STUDENTS



Hello, Graduate Students!



The GSA office and university will be closed for Labour Day on Monday, September 1 and will re-open on Tuesday, September 2.



Dear New Graduate Students,

On behalf of the Graduate Students' Association (GSA), I am honoured to welcome you all as new members to our association for the 2025–2026 academic year. Congratulations on starting this incredible journey of tertiary education with Brock University.

“Seek discomfort.” This simple yet powerful phrase reminds us that the greatest opportunities for growth lie just beyond our comfort zones. Whether you're tackling a challenging research project, joining a new student club, or advocating for change on campus, embracing the unfamiliar will expand your skills, build your confidence, and deepen your connections. Lean into those moments of unease, they often lead to your most rewarding achievements.

The GSA is here for you every step of the way. From academic support and professional development workshops to social events and advocacy on your behalf, our goal is to ensure you feel empowered, supported, and part of a vibrant community. Please don't hesitate to reach out with any questions, ideas, or concerns. Together, we'll make this year one of discovery, collaboration, and success.

Best regards,
Mario Berro, President, Graduate Students' Association



Fall Term Office Hours

Our office hours for the Fall Term (September–December):

Monday to Friday — 8:30 A.M. to 4:00 P.M.

Please note: our office is typically closed from 12:00 – 12:30 PM daily.



GSA Health and Dental Benefits begins Sept. 1

The **FALL OPT-IN/OPT-OUT** period for GSA Health and Dental Benefits for **Fall Enrolled Graduate Students ONLY**, runs from **September 1 - 30, 2025**. NOTE: ALL Graduate Students enrolled in the Fall Semester are automatically assessed the GSA Health and Dental Benefit Plan Fee.



The GSA Health and Dental plan is **MANDATORY** for ALL graduate students who do not have alternate, continuous Canadian health & dental insurance coverage in place from September 1, 2025, to August 31, 2026.

- **Opt-in** will be available for graduate students wishing to enroll eligible dependents through Student VIP.
- **Opt-out** will be open for graduate students who are Fall term enrolled only. You will need to provide valid proof of your alternate, comparable and continuous Canadian insurance plan through the Student VIP portal.

Students can also **COORDINATE** their alternate insurance benefits with the GSA H&D plan for maximum coverage. Important: Grad Students enrolled in the Fall Term **CANNOT** opt out during any other opt-out period.

Questions about your Health & Dental Benefit plan; email: health@brockgsa.ca or visit <https://brockgsa.ca/services-health-plan/> to review Opt-out/Opt-in Policy and Procedures

Questions about UHIP and the Health and Dental plan? Join us for a virtual session to learn more! Happening on **Monday, August 25, from 1-2 p.m.** RSVP [here](#) on ExperienceBU!



GSA Fall Term Executive Office Hours - MC-C300

Please find the Executive Team's office hours below.

- **Mario Berro, President** (president@brockgsa.ca) - **Thursdays, 9 a.m.-11 a.m.**
- **Philip Akoje VP External & University Affairs** (external@brockgsa.ca) - **Tuesdays, 10 a.m.-11 a.m.**
- **Ibrahim Adefolu, VP Student Life & Equity** (studentlife@brockgsa.ca) - **Wednesdays, 11 a.m.-12 p.m.**



Virtual office hours are coming soon — in addition to in-person executive office hours! Stay tuned for more details.

Get Involved with the GSA

GSA Board of Directors Recruitment

Interested in advocating and helping graduate students? The GSA is currently recruiting graduate student members to serve on the GSA Board of Directors, open positions for students in:

- Faculty of Math & Science
- Faculty of Education
- At-large seats

Click [here](#) for more information and how to apply.



GSA Internal Committees Recruitment

Our [internal committees](#) are a great place for students interested in graduate student life and leadership. **All internal committee meetings are virtual.** We are recruiting for graduate student-at-large representatives on our 2025-2026 internal committees:

- [Governance, Elections and Nominating](#) (1 hour/month)
- [Communications & Engagement](#) (1 hour/month)
- [External & University Affairs](#) (1 hour/month)
- [Student Life & Equity](#) (1 hour/month)

Click [here](#) for more information and how to apply.



Brock University Committees Recruitment

The GSA is looking for graduate student representatives to sit on the following University Committees:

Two Row Council (2 hours/month)

- The mandate of the Council is to make recommendations and provide advice to Senate and its committees regarding academic policies, programs, structures and strategies to support meaningful Indigenization, reconciliation and decolonization.
- Bi-monthly meetings from September to June
- **Open positions: 1 Indigenous graduate student**

Senate Graduate Studies (2 hours/month)

- This Senate committee oversees and advises on graduate academic programs and policies, including admissions, new degrees, student conduct, awards, and curriculum updates—supporting the quality and reputation of graduate studies.
- Bi-monthly meetings from September to April
- **Open positions: 1 graduate student at-large**

To apply for the university committees listed above, please submit a statement of interest (150-words maximum; tell us about yourself and why you'd like to be involved). Applications will be accepted at opportunities@brockgsa.ca.

For Students, By Students - Accepting Submissions

Are you doing something exciting in grad school? We want to spotlight your research!

Submit a brief blurb (100 words or less) about what you're working on, along with a photo (optional) and any links to publications or media coverage (if applicable). Submissions should focus solely on research-related work—please no volunteer or general announcements. We'll feature 2–3 submissions per issue of our newsletter.

 **Deadline:** Submit by Tuesday, September 2 to be included in the September 4 edition of The Graduate Gazette

 Submit to: creative@brockgsa.ca

 Submissions are featured on a first-come, first-served basis.

Let's celebrate the amazing research grad students are doing!

GSA Events for Grad Students



Grad Lunch Hour Walks - Final One Happening on Wednesday, August 27!

Need a midweek reset? Step away from your desk and join fellow grad students for a casual lunch and walk. It's a great way to meet others, get some fresh air, and give your brain a well-deserved break. After the walk, we'll stop by Tim Hortons, Starbucks or McDonalds for **FREE** ice cream or a refreshing iced drink! Come and connect with other Grad students, no need to register. Bring a lunch if you're hungry and **meet us outside of the GSA office - MC- 300**. **The final grad walk is happening on Wednesday, August 27 at noon! Join us for the last one of the term!**



More Upcoming Events



Coffee Social

Join us **TODAY (Thursday, August 21 from 1:30-3 p.m. in MC-C300)** for our first coffee social of the term! Connect with the new executive team, discover the latest updates from the GSA, and explore exciting upcoming events and opportunities. Enjoy **free** coffee, tea and snacks. There will even be iced coffee and vanilla syrup! Drop-by anytime from 1:30-3 p.m.!



Koffee with Katie

Join us on **Wednesday, August 27 anytime from 1-2 p.m. in MC-C300** for the final Koffee with Katie of the term! This welcoming drop-in session is designed for grad students in need of support or simply a friendly conversation. Graduate Wellness Navigator Katie Pickles will be available for a casual chat over coffee, providing a comforting and confidential space for anyone going through a tough day or looking to connect. Feel free to drop-by!



Grad Student Intramurals Info & Match-Up Session

🏆 Calling all grad students! 🏀🏈 Join us for the Grad Student Intramurals Info & Match-Up Session on **Tuesday, Sept 9 from 1-3 p.m. in MC-C300**. Meet other grad students, connect with Brock Recreation, enjoy free snacks, and find teammates during our special matchmaking time from 2-2:30 p.m. With Outdoor League registration closing Sept 10 and Indoor League running Sept 12-17, it's the perfect chance to sign up and get involved! RSVP [here!](#)



Graduate Student Sound Bath

✨ Join us **Wednesday, Sept 17 from 1-2 p.m. in the Kenmore Centre** for a free rejuvenating sound bath session with certified sound healer Abbey Morris from Yoga by Abbey. 🌟 Experience the benefits of sound healing as Abbey guides you through meditation and soothing crystal bowl vibrations for deep rest and nervous system regulation. Just bring yourself (and a yoga mat or blanket if you wish) and get ready to relax, restore, and receive. Snacks provided—RSVP by Sept 16 to reserve your spot! RSVP [here!](#)



**Head to the next page for a preview of GSA
Orientation Week Events!**



GSA Orientation Week Events!



Scan to Win

After the New Graduate Student Welcome and Orientation on Tuesday, September 2, visit our table at Gurnsey Market AND the GSA Office (MC-C302) to get your swag, snacks and a chance to win a \$50 Gift Card (11 A.M. - 2 P.M. or while supplies last). Open to newly enrolled graduate students only. David from StudentVIP will also be in attendance to answer any of your health and dental questions.



Spin to Win

Start the semester off right with our exciting Spin to Win event, open to both new and returning graduate students! Stop by MC-C300 and spin the prize wheel for a chance to win free swag, gift cards, and one of **THREE** grand prizes — a Keurig, a toaster, or a kettle! Join us on **Wednesday, September 3 anytime from 11 a.m.-2 p.m. in MC-C300**. Make sure to have your student ID card ready for verification! Open to current registered fall term grad students. Check out more information [here!](#)



Tie-Dye Social

Add a splash of colour to your day at the GSA Tie-Dye Social! Join fellow grad students outdoors and learn how to create your own unique tie-dye design. You'll receive a **FREE** white GSA-branded T-shirt to customize using different techniques and patterns. Join us on **Thursday, September 4 from 1-3 p.m., at the picnic tables in Jubilee Court**. No experience needed – just bring your creativity and enjoy an afternoon of fun, connection, and colour. It's the perfect way to meet new grad students and add something vibrant to your wardrobe! Check out more information [here](#).



***Running all Orientation Week long — spot the
“Follow us to Win” signs at GSA events for your
chance to win a \$50 gift card!***

RSVP for Events [HERE!](#)

Brock LINC Navigate

Grad students—have a business idea? 🚀 Join Navigate, Brock LINC's early-stage entrepreneurship program designed to help you explore, test, and grow your idea through real customer feedback and mentorship. This free 11-week in-person program runs Sept. 17-Dec. 3 and includes a certificate upon completion, plus credit in Brock's Co-Curriculum.

Spots are limited—apply by Sept. 10 at 5:00 P.M.! Click [here](#) to learn more!



Brock LINC Kick-Starting Entrepreneurship

Brock LINC's KSE workshops are returning for the fall and winter semesters! Take one, or all of these lunch-time workshops (with free pizza) on different entrepreneurial topics. Registration will open later this summer so stay tuned for updated dates and times!

First Workshop: *Starting a Business in Canada for International Students*. [Registration opens in August.](#)

Brock Sports Medicine Clinic - Open to all Students!

Need sport injury support? Brock's brand-new Sports Medicine Clinic is open to all Brock students! Whether you're recovering from an injury or looking for preventative care, the clinic offers expert support right on campus. Click [here](#) to learn more!



Graduate-Only Study Space on Campus

Library space: Graduate Student Study Room (6th FLOOR) - You must call the GSA office (ext. 4094) to receive the current passcode

Graduate Student Meeting Room (6th FLOOR) - [Reserve online here](#). Please forward the booking ID confirmation to office@brockgsa.ca to obtain the passcode.

Note: THE ACCESS CODE WILL BE CHANGED ON A REGULAR BASIS.

Contact office@brockgsa.ca to receive the access code.



Brock Student Wellness & Accessibility Centre

The following SWAC services remain open throughout the summer term: Student Health Services, Personal Counselling, and Same Day Mental Health Support



Drop In. Decompress. Feel Supported.

Grad school can be a lot—so we're here when you need a breather. Stop by the Wellness HUB on Thursdays between 1–4 p.m. for a relaxed, drop-in space just for grad students. Whether you've got questions, need resources, or just want a quiet place to land, we've got you. Located at the Wellness HUB (Market Hall).



Feeling Disconnected? Let's Reconnect.

Campus Connections is a supportive space where you can chat 1-on-1 with a Wellness Navigator and get matched with campus resources, events, or activities that fit your interests. Whether you're looking to meet new people, get involved, or just feel more grounded—this is a great place to start.

This isn't counseling—it's a conversation.

Let's talk about what matters to you.

 Book a time that works for you

 Meet in office or online

 Learn more or book a spot: <https://brocku.ca/health-wellness-accessibility/hub/campus-connections/>

Art Therapy Thursday

De-stress and unwind from the hustle and bustle of graduate student life by spending a relaxing time colouring or painting. There will be free light refreshments and snacks available. This is a drop-in event, feel free to stay however long you would like! You do not need any prior artistic experience. Join us on **Thursday, September 11 anytime from 10 a.m.-12 p.m. at MC-C300.** weather permitting). Daniel Krowchuk (He/They), your Graduate Wellness Peer, will be there if you'd like to connect.



Some of the amazing artwork designs from art therapy!



August 21, 2025

FGSPA

Get ready with Grad 101!

Explore this academic refresher course on Brightspace! Learn useful tips for planning your term, balancing your busy schedule, note-taking, studying, researching, writing, and more.

[Find Grad 101 on Brightspace here](#)



Looking for writing support?

Our Academic Support Specialist, Danielle, offers a variety of events to help grad students develop their writing skills, including Writing Cafés, One-on-One Consults, Writing Workshops, and more.

[Book an appointment with Danielle here](#)

[Explore upcoming writing events here](#)



Looking for academic and student success support?

Students have access to a safe, welcoming, and confidential space to discuss matters such as status changes, academic policies, procedures, and more.

[Book an appointment with Katie here](#)

Fall Funding Info

Fall funding has been posted. Students will be able to view their funding details on the **Graduate Student Funding** section on their my.brocku.ca portal.

Positive balances after September 16

Any eligible students with a credit balance on their student financial history account by the fall add/drop date (September 16) will have funding auto-released via e-transfer. If your funding does not auto-release by the end of September you will need to request a refund using the online request form.

Brock Recreation



The Walker Sports Complex and the Zone summer hours as follows:

Monday- Thursday: 7 a.m.-9 p.m.

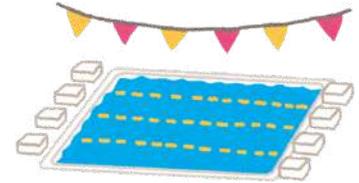
Friday: 7 a.m.-7 p.m.

Saturday: 11 a.m.-4 p.m.

Sunday: Closed

*Activity areas close 10 minutes prior to building closing.

*Special/Booked events may take place outside of this time.



Facility Notice

The Eleanor Misener Aquatic Centre will close at 4 p.m. on August 15 for annual maintenance. The pool will be open again on September 8th.

Upcoming Events

August & September



Coffee Social, 1:30-3 @ MC-C300



Labour Day



Koffee with Katie, 1:00-2:00 @ MC-C300



Orientation Week Begins!



The GSA's Fall Term Office Hours (September to December)

Monday - Friday: 8:30 am - 4:00 pm

(Please note that our office is typically closed daily from 12 Noon - 12:30 pm)

Connect With Us!



If you would like to be removed from the GSA e-newsletter mailing list, please advise by return email stating your Brock email address and Student ID.