

**Brock Graduate Students' Association**

# THE GRADUATE GAZETTE

**VOLUME 4 / ISSUE 5**



**NOVEMBER 2025**

**BI-MONTHLY NEWSLETTER FOR GRADUATE STUDENTS**



# Hello, Graduate Students!



## 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:

- Math & Science
- At-large seat

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)
  - Oversees GSA governance, elections, policy reviews, and Board/committee nominations.
- [External & University Affairs](#) (1 hour/month)
  - Advises on external and university relations, strategic initiatives, and student advocacy for the GSA.

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)**

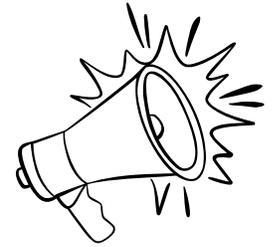
- This Senate committee oversees and advises on graduate academic programs and policies, including admissions, new degrees, student conduct, awards, and curriculum updates—supporting the quality and reputation of graduate studies.
- Bi-monthly meetings from September to April
- **Open positions: 1 graduate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



## **2026 Elections Committee (Time commitment: 2-3 hours total)**

We are currently recruiting for 2 graduate student-at-large representatives to sit on the 2026 Elections Committee. This Committee is an oversight body to the elections process and will ensure the respect of the vision and principles of this policy by the election staff (Returning Officer, Deputy Returning Officer), including enforcement procedures, appeals, etc. No member of the Election and Referenda Committee may run or campaign while being a member of the Committee. An introductory meeting (1 hour) will be held in early December prior to the election season kicking off in January 2026. For more information, email [opportunities@brockgsa.ca](mailto:opportunities@brockgsa.ca)



## **GSA Events for Grad Students**



### **November 13**

#### **BUSU Hot Breakfast @ Union - 7:30 AM - 10AM**

Fuel your morning with a free hot breakfast — a perfect way to start your day and connect with fellow grad students! Open to all registered graduate students.



#### **Art Therapy Thursday @ MC C300 - 10AM - 12PM**

Unwind with a relaxing afternoon of colouring or painting — free snacks, no experience needed, and open to all current graduate students. Connect with Peer Graduate Navigator Daniel Krowchuk for support. Drop in!



### **November 19**

#### **Say "Hi" to Heidi @ MC C300 - 1PM to 2PM**

Drop in for a special International Education Week Say "Hi" to Heidi! — enjoy coffee, snacks, and free samosas and vegetable spring rolls while getting support on grad studies and international concerns. Drop in!



#### **Sample the World Food Fest @ Pond Inlet - 1PM - 2PM**

Experience global flavors at the 3rd Annual Sample the World — free international dishes and treats! 🌍🌟 [RSVP now on ExperienceBU.](#)



**VISIT [EXPERIENCEBU](https://experiencebu.ca) AND [BROCKGSA.CA](https://brockgsa.ca) FOR  
MORE EXCITING EVENTS WITH THE GSA!**

## **Looking to Volunteer? Pathstone is looking for grad student volunteers!**

It's Project Plaid Month, which means there are plenty of opportunities to volunteer and help raise awareness for youth suicide prevention.

Want to make a difference while enjoying an exciting night at the Niagara IceDogs game? 🏒

We're looking for grad student volunteers to assist with activities throughout the arena on November 20th, in support of Pathstone Mental Health.

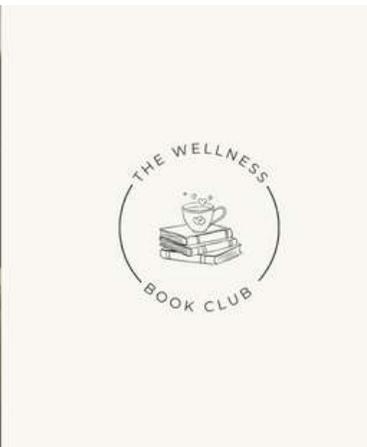
It's a fun, high-energy evening that gives back to our community — a great way to get involved and connect with others!

👉 **Drop by the GSA Office (MC-C302) to sign up or learn more.**

## **Brock Library - The Wellness Book Club**

Registration is now open for the Fall 2025 Wellness Book Club. This term, we will be reading the second book in Jenny Han's bestselling *The Summer I Turned Pretty* trilogy: *It's Not Summer Without You*. Praised as "a convincing and poignant read," this series has inspired a popular streaming adaptation, merchandise, and a devoted fan following.

The Book Club is hosted by librarian Justine Cotton, who is passionate about the positive impact of reading and community. For questions about the Club, you can contact her at [jcotton@brocku.ca](mailto:jcotton@brocku.ca)



## **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](mailto:office@brockgsa.ca) to obtain the passcode.

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

Contact [office@brockgsa.ca](mailto:office@brockgsa.ca) to receive the access code.



## **Brock Student Wellness & Accessibility Centre**

### **Applied Suicide Intervention Skills Training (ASIST)**

ASIST is a two-day interactive workshop that teaches you how to recognize when someone may be thinking about suicide and how to provide life-saving support. Open to all graduate students, ASIST helps you build confidence, empathy, and real-world helping skills.

- Only \$65 per person (valued at \$250 in the community) – an incredible opportunity to learn skills that could save a life.
- Build confidence to help a friend in crisis – get trained with ASIST.
- Register [here for November 8<sup>th</sup>](#)
- Register [here for December 3<sup>rd</sup>](#) - **Grad Students! Visit Francesco at the GSA office (MC-C302) to get the code to sign up!**

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### **Mental Wellness Workshops**

The Student Wellness and Accessibility Centre is offering a series of mental wellness workshops for graduate students. The workshops are open to all graduate students, and participants must register on Experience BU. All workshops will be held in Mackenzie Chown C Block 300, from 2:30-4:00

- November 11th: Turning Stress into Strength
- November 18th: Self-Care & Putting It All Together

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### **Graduate Mentorship Program - Now Open For Registration**

The GSA and Student Wellness are excited to announce the Graduate Mentorship Program – [Now accepting applications!](#) Limited spots.

Are you looking to connect, learn, and grow within Brock's graduate community? The Graduate Mentorship Program is now accepting applications for both mentors and mentees.

This program pairs upper-year graduate students with new or early-stage grad students to build supportive relationships that promote well-being, and career development.

- For mentors: Share your experience, strengthen your leadership skills, and make a lasting impact in the Brock grad community.
- For mentees: Gain guidance from someone who's been there – get tips on navigating graduate life, building connections, and balancing it all.

Ready to get involved? Registration is open, but spots are limited – don't miss out on this meaningful opportunity. Visit our [webpage](#) to learn more or register below.





Faculty of Graduate Studies and Postdoctoral Affairs

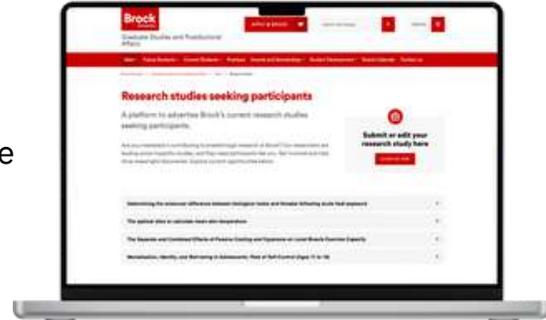
# Faculty of Graduate Studies and Postdoctoral Affairs

November 6, 2025

FGSPA

## 🔍 Advertise a Research Study

Are you a Brock researcher looking for study participants? If your project has received ethics clearance, you can submit your study details to be featured on the [FGSPA website](#) and occasionally in graduate student communications.



➔ [Advertise here](#)

## 🍴 Food Security

For many Brock students, balancing academic demands with financial pressures can make it difficult to access enough healthy, nutritious food. At Brock, several programs and supports are available to help students facing these challenges.



**📝 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](#)



🌙 **Night Against Procrastination**  
Nov. 6 | 5 p.m. to 11 p.m.

Join Learning Services for a motivating night of productivity, support, and wellness — all designed to help you tackle procrastination and make real progress on your academic goals.

📅 [RSVP/learn more here](#)

Connect with us!



## **Brock LINC**

 Introducing Navigate: Brock LINC's Early-Stage Entrepreneurship Program

Have a business idea you want to explore? Navigate is an intensive, hands-on 11-week program designed to help you test, refine, and evaluate your idea using the Lean Startup methodology. Participants will engage directly with 50–100 potential customers, receive guidance from Brock LINC staff and mentors, and collaborate with fellow entrepreneurs.

Students who complete the program will earn a certificate of completion and credit toward the Innovative & Creative Thinking domain in Brock's Campus-Wide Co-Curriculum.

-  In-person at the Brock LINC
-  Wednesdays, 3:00–5:00 PM
-  Free to participate (limited spots available)

Applications for the Winter 2026 cohort are now open! Apply by January 7, 2026.

## **Coworking and booking meeting rooms at the Brock LINC**

**As a Brock LINC member, you have access to:**

- Open tables, seating and collaboration spaces in the Atrium (Level 200) and Upper Deck (Level 300) that are available in the Rankin Family Pavilion 24/7. This includes a kitchenette, eating spaces, accessible washrooms and wireless internet access.
- Hot desks in the Brock LINC Co-working Space (Level 300), available from 9am to 4:30 p.m., Monday to Friday on a first come, first served basis.
- Six meeting rooms with smart TVs, webcams, and whiteboards. Spaces include one large seminar room, two boardrooms, and three small meeting rooms. Meeting rooms can only be booked for entrepreneurial related activity and are available from 9 a.m. to 6 p.m., Monday to Friday. They cannot be used for classroom projects, student groupwork or student clubs. Book a room with one of our Team Assistants at the reception desk on Level 300.

**CLICK [HERE](#) TO LEARN MORE ABOUT  
BROCK LINC!**

**We have some pop-up classes coming up. They are free to Brock Students:**

**Dec 8 Yoga to Reset @ Fitness Studio 12:10pm**

Improve your balance & mental focus by moving into deeper poses & longer stretches



**Dec 10 Meditation for Exam Stress @ Fitness Studio 12:10pm**

This calm, restorative meditation will help you relax with a sense of peace & balance.



**Dec 11 Yin Yoga @ Fitness Studio 6:10pm**

Slow down, reset & relax in a calm candlelight environment. Focus on your breath while holding poses for longer time periods



**Upcoming Events**

**November**



**Free Hot Breakfast @ Union 7:30AM**



**Free Food Day @ MC C300, 12PM**



**Sample the World @ Pond Inlet, 12-1:30**

**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.*