

On the “To-Do” List

- Friendly reminder for the next iteration of our PRES lecture series! Join Alexi Orchard in a discussion about “Embedding Ethics and Empathy into the Engineering Curriculum” on Friday, Feb. 26, 2021.
When: Friday, Feb. 26, 2021, 2021 from 2:00 to 3:00 PM
Where: [Webex Events](#) | Event#: 1805205444 | Password: preslecture
- Join CTE’s workshop on [Teaching Practices to Cultivate Well-being and Compassion](#). SAGE’s Equity Rep., Sarah Currie, will be part of the discussion panel. Register to attend through [GoSignMeUp](#).
- Check out Conrad Grebel’s [Noon Hour Concert: Phenomenal Women!](#) Attend the premiere for free, Mar. 03, 2021, 12:30 PM.
- There is still time to register for UW’s celebration of the [International Women’s Day](#). There will be a variety of speakers discussing the role of diversity and equity in paradigm shifts in science, technology, entrepreneurship, and social change.
- Join us on the SAGE discord channel! Get updates easily, talk to others in the program, and speak with the executive team directly: discord.gg/mUdPxj64SG

Important Announcements

Interested in finding out more about Black History in Canada and within the context of the University of Waterloo? Then, plan on attending these online events:

- [“Rooted in History: A Celebration of Black History as Canadian History”](#) this Friday, Feb. 26, 2021 from 1:00 PM - 2:30 PM EST.
- [“Blackness, Whiteness, and Anabaptist Racialization ‘Imagined Community’ in Print and Mission,”](#) the 2021 Bechtel Lecture, delivered by Professor Timothy Epp on Mar. 11, at 7:00 PM. Conrad Grebel University College supports Black History Month in Canada, exploring how the racialization of Anabaptists was reflected in print, social interactions, and mission activity. The lecture will be followed by Diana Braithwaite’s musical performance.

Scholarships & Professionalization - Upcoming Events, Opportunities, and Deadlines!

Are you interested in participating on UW’s governance and understanding/developing structural reforms? Nominations for graduate students are open for two upcoming vacancies on the [Senate](#). The [call for nominations](#) closes on March 2. Elections will be held in mid-March. Please contact Emily Schroeder at eschroeder@uwaterloo.ca with any questions.

If you are looking for ways to nurture your portfolio of academic activities, consider becoming part of the Graduate Studies Endowment Fund (GSEF) Board and Project Review Committee. This can also help you gain insights on the review of funding applications! Visit the GSEF website or email the [GSEF Co-ordinator](#) for more information.

Develop your professional skills through the [Professional Skills Foundations program](#). Attend the Introductory Workshop organized by the GSPA to complete a skills self-assessment and learn more about how to leverage this program in your career development.

Healthy Body, Healthy Mind

Check-out the variety of resources compiled by the [Student Success Office \(SSO\)](#) to continue supporting students during the challenging time we are living through.

Check out the upcoming meetings of the [Grad Student Community and Conversation Circle](#) to have a space to connect and share with other grad students. Register on [GoSignMeUp](#).

Campus Wellness will be hosting workshops and group therapy virtually again for the Winter 2021 term. The groups and workshops that will be hosted this term include: 1) Zen Out: Learning Mindfulness to Ease Depression, 2) Unhook from Anxiety: Learning Skills to Let Go of Fear and Anxious Thoughts, 3) Mastering Low Mood, Grad Student Community and Conversation Circle, 4) Skills for Safer Living, Alleviating Anxiety. Refer to the [Groups and Workshops](#) page for more information.

Did you know there are Warrior Rec Free Programs available to Students? There is a wide range of free programs available for you to stay active and healthy, including: [Fitness Classes \(On-Demand\)](#), [Health and Mindfulness Webinars](#), [Personalized Nutrition Guides](#), [Personal Training Consultations](#), [Small Group Training](#) and [Warrior Reset](#).

Get mental health support when you need it! Check out the various services available to you today via the [Campus Wellness](#) webpage.

Feeling overwhelmed, anxious or like you need to talk to somebody? Contact the University's [Campus Wellness services](#). There are also various community supports available: [K-W Counselling, Here 24/7](#) - 1-844-437-3247, [Good2Talk](#) - 1-866-925-5454, [Crisis Services Canada](#) - 1-833-456-4566 or by text 45645.

Effective Tuesday, February 16, [Waterloo Region transitioned out of the provincial shutdown](#) and into the Red – Control zone of the province's revised [COVID-19 response framework](#).

The SAGE executive.

Facebook: [like our Facebook page!](#) | **Twitter:** [@UW SAGE](#) | **Discord:** [UWaterloo SAGE](#)