



*How to **THRIVE** in Health Sci*

**Health Studies Students'
Association (HSSA)
Western Univeristy**



What is HSSA?

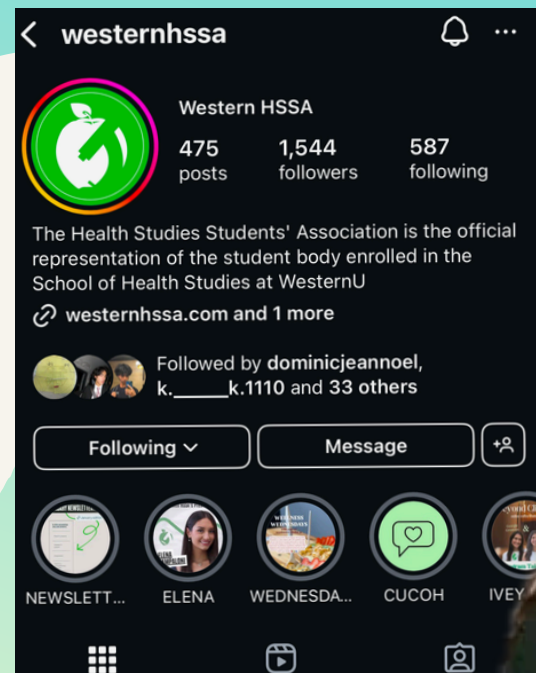
HSSA is...

The only representative body for Health Studies

The bridge between students and professors

A group dedicated towards fostering your academic/ professional development and student wellness

A safe place for you to go to with concerns or ideas with/for the department



**This will take you
to our website.**



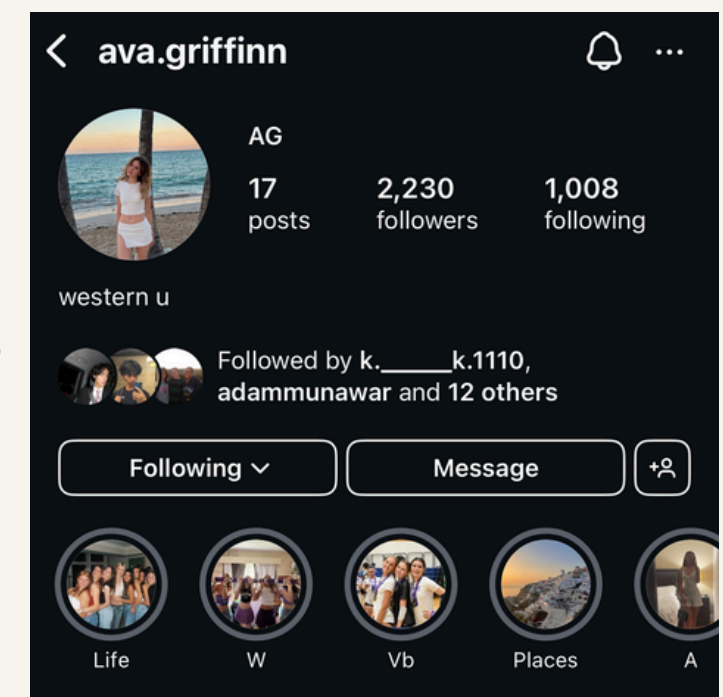
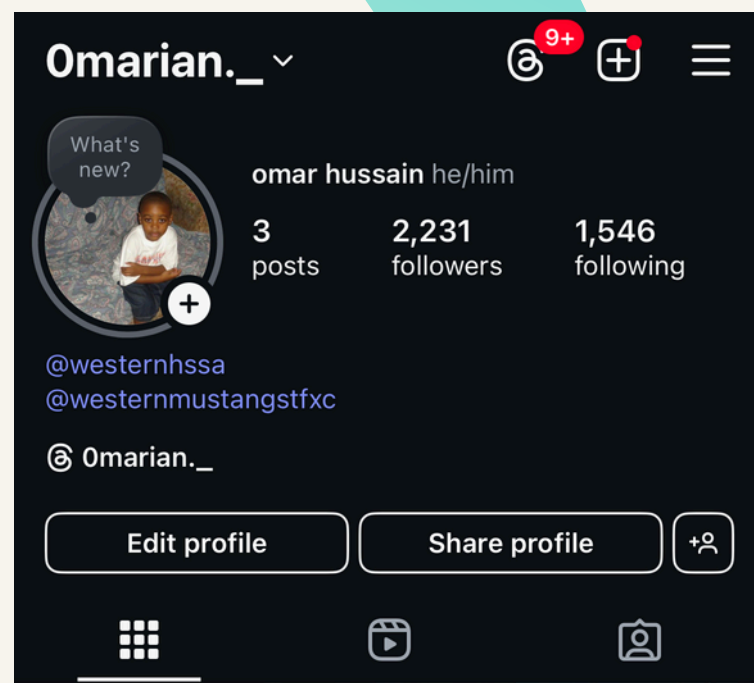
First Year Representatives



- **Student Advocacy**
- **Communication Bridge**
- **Event planning**
- **Community Building**

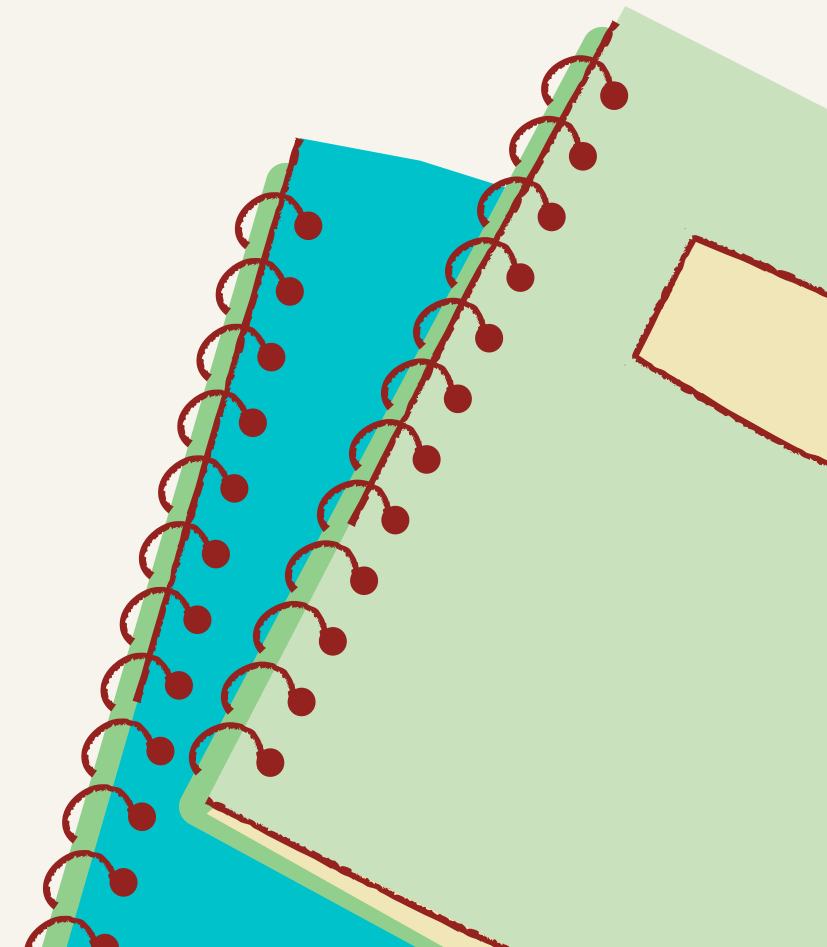


Connect with us on Instagram!



Goal of this Event

- **Upper years sharing their insights on succeeding in Health Sciences!**
- **Learn how to use Anki**
- **Network with upper years**
- **Chance to win one of two \$50 gift cards**
- **Meet fellow Health Studies first-years**



Meet our Panelists!



Elena Pampaloni

Fourth Year, Honours Spec.
in Health Sci



Laiba Khan

Fourth Year, Honours Spec.
in Health Sci



Joshua Persadie

Fourth Year, Health Sci
with Bio



Paula Kim

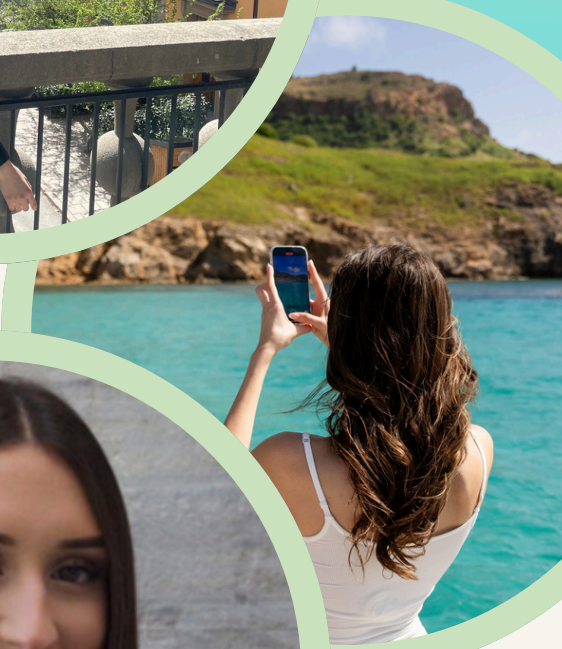
Third Year, Honours Spec. in
Rehab Sci

Elena Pampaloni

ABOUT ME:

Fourth-Year Health Science Student (Honours Spec.)

- **HSSA President**
- Previous Vice President of Academics, Student Affairs and I started off as a First Year Rep! Also on Dream Team and was an executive member of CIAO Western for two years
- Was on the **FHS Dean's Selection Committee** as the Undergraduate Representative
- **Certificate of Recognition for Outstanding Performance in the Global Health Promotion Course**
- Research
 - Independent Study within FHS examining *cultural competency in primary care settings in Canada*
- Participated in Aging Globally: Lessons from Scandinavia! Went to Norway, Sweden, and Denmark in May of 2024
- Born and raised (early years) in Florence, Italy! So I pursued a minor in Italian as well which also allowed me to work as an Italian elementary school teacher in London (LCDSB)
- **Hobbies:** walking, cooking with friends and family, yoga, pickleball, listening to podcasts!
- **My advice:** Focus on growth, experiences, and skills that will make you well-rounded! Prioritize health & wellness as well!
- **What motivates me:** Constant improvement and growth! And my parents are very encouraging and supportive



Laiba Khan

ABOUT ME:

Fourth-Year Health Science Student (Honours Spec.)

- **HSSA Vice President of Academics**
- Previous Vice President of Student Affairs, and Second Year Rep
- **Faculty of Health Sciences Soph** in my second year!
- Also on **Dream Team! (Make A Wish)**
- Have attended multiple Curriculum Committee Meetings with the School of Health Studies
- Have been involved in the PSA and MSA here at Western!
- Research
 - Exploring Bioethics with a focus on Triaging Systems in Hospitals in Ontario with Dr. Maxwell Smith
- Participated in Aging Globally: Lessons from Scandinavia! Went to Norway, Sweden, and Denmark in May of 2024
- **Hobbies:** huge foodie! cooking and perfecting my coffee/ matcha, working out, learning more about my deen, spending time with family, snowboarding, soccer and F1
- **My advice:** Everything in moderation, including moderation! Life is about balance, and being well versed in all domains of life will set you up for success more than just a 4.0 gpa will! +++ Resilience!!
- **What motivates me:** My faith! "With hardship comes ease", just know your hard work will always pay off no matter how difficult it gets!

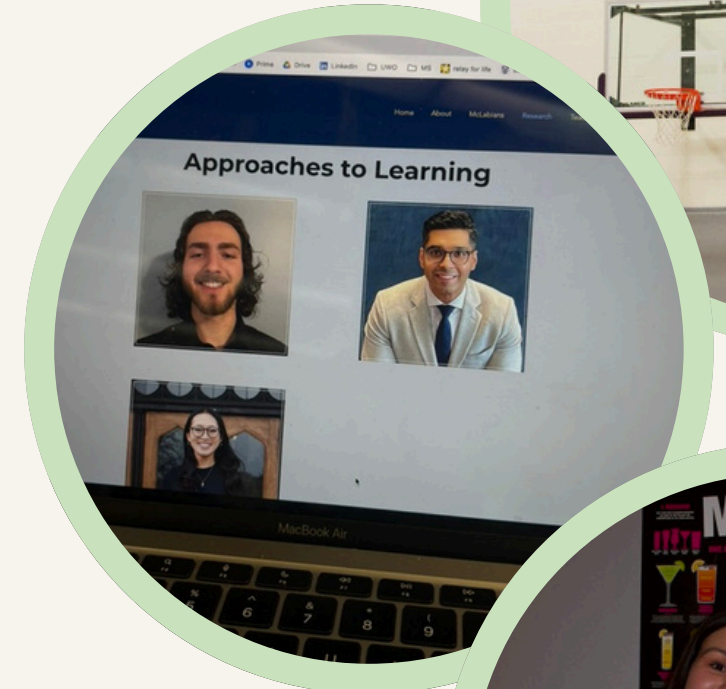


Paula Kim

ABOUT ME:

Honours Spec Rehab Sci

- FHSSC Student Affairs Associate, now VP Comms!
- VP Comms for Western Women in Fitness
- My Research...
 - Anatomy learning methods with Dr McWatt
 - HIIT interventions with Dr Ziebart
- Social Media Coordinator for Western Football
- CMHA Support Line Volunteer
- HSci Soph!!!
- Conquered the MCAT last summer
- **My advice:** Get involved in what you actually enjoy doing, not what you think grad schools want to see
- **What motivates me:** We shape our own lives and futures + my religion "You will succeed in everything you do..." Job 22:28

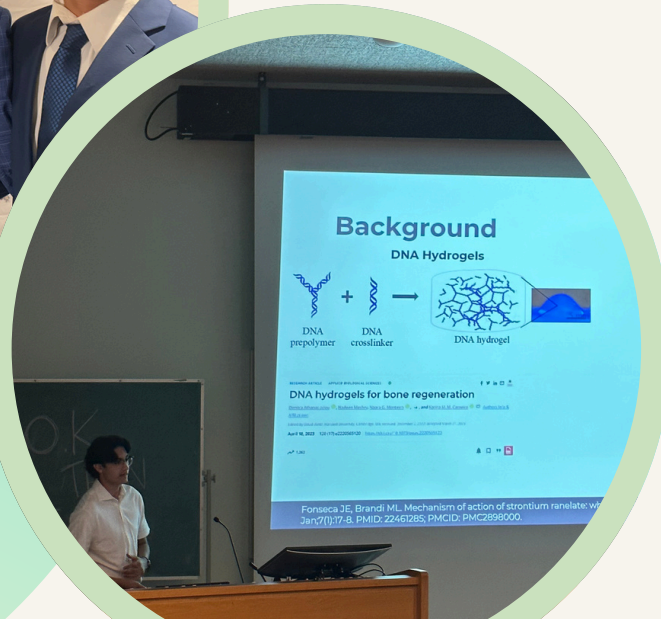


Joshua Persadie

ABOUT ME:

Health Sci with BIO

- HSSA 4th Year Rep (Ex 3rd Year Rep)
- My Research...
 - DNA biomaterials at UofT
 - Summer Research Program + NESERC USRA
- Student Emergency Response Team
- Ex HSci Soph
- Taken DAT, Capser
- **Hobbies:** Golf, Cycling, Snowboarding, Formula 1, Tennis
- **My advice:** Work hard now so you can relax later
- **What motivates me:** My goals and aspirations



Anki Decks



Anatomy

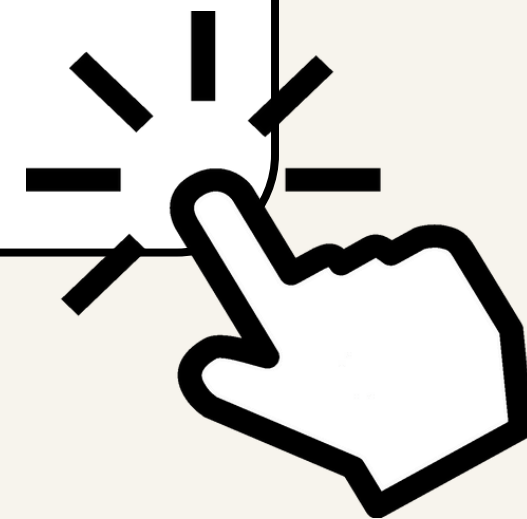


MCAT Prep

Kahoot Time!

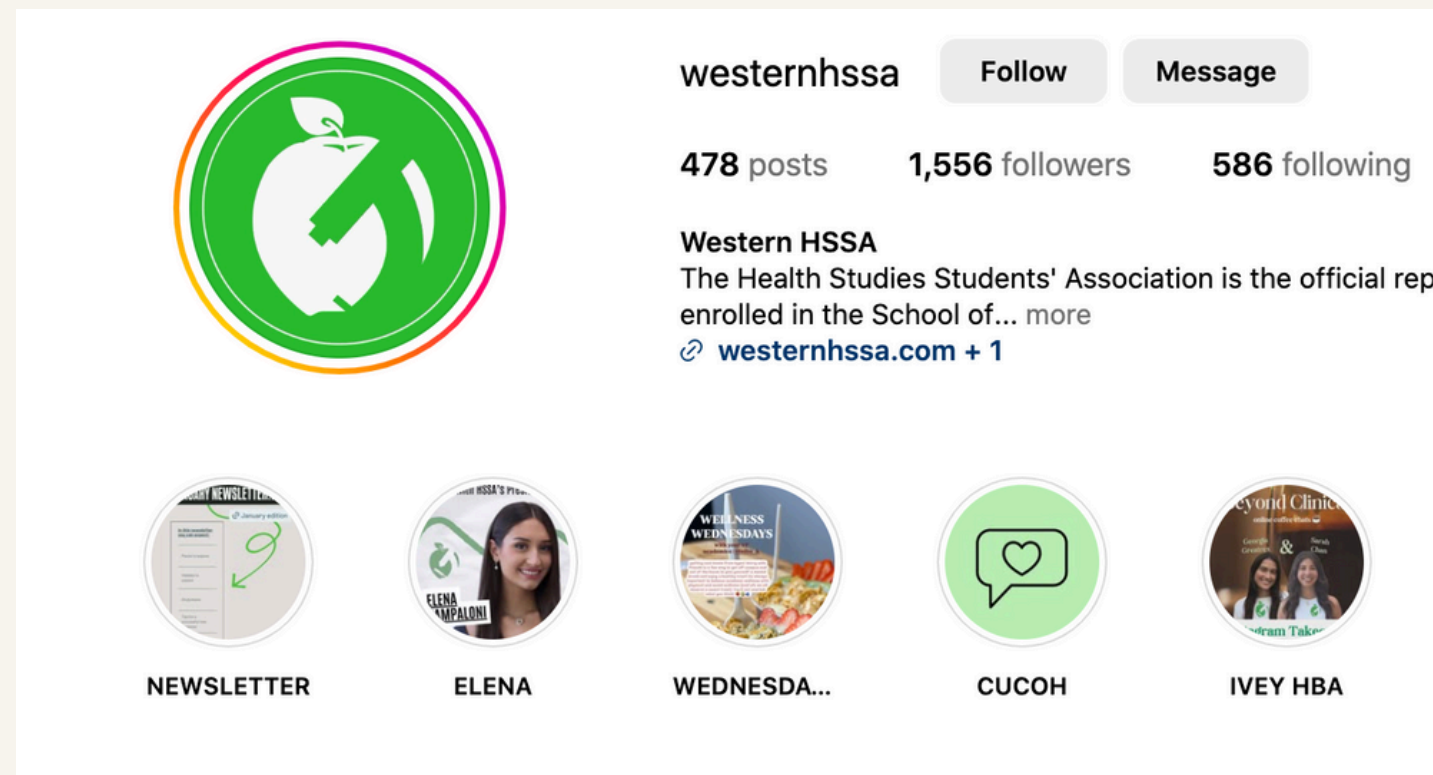


First and Second place winners will be receiving a \$50 bookstore gift card!!!



HSSA Resources Available

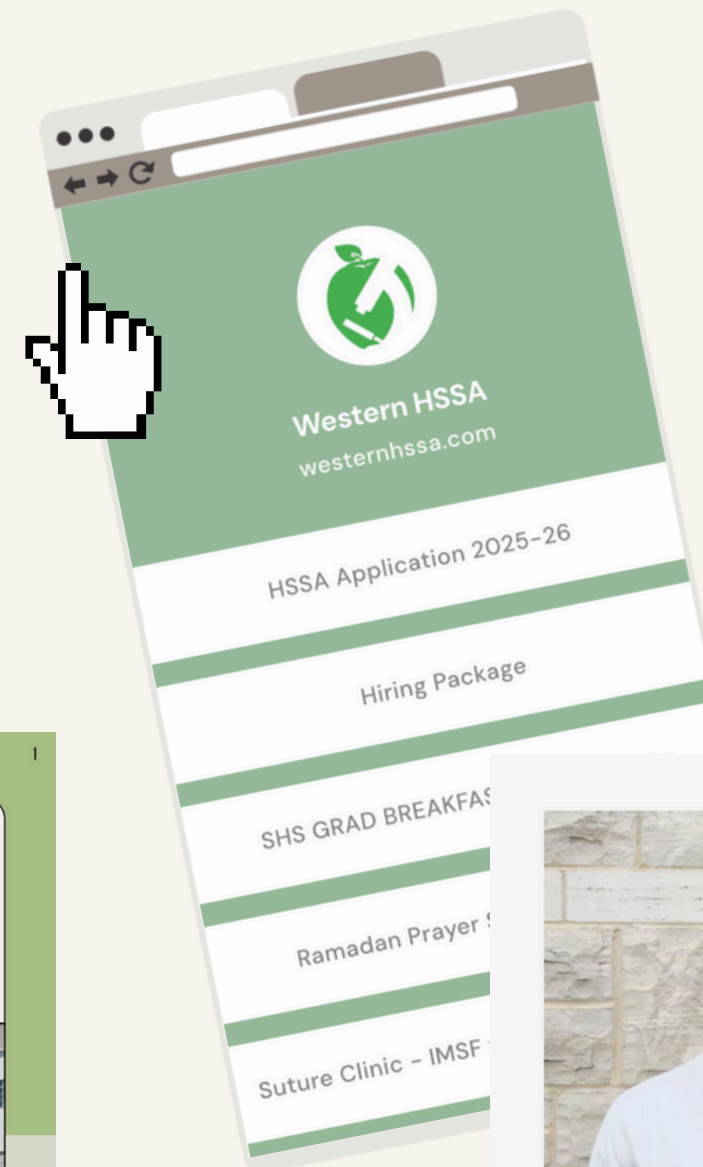
Instagram



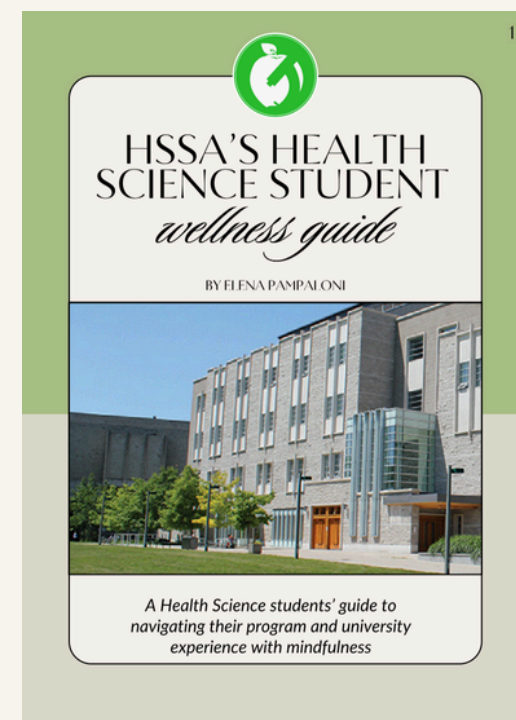
website



link tree




wellness
guide



OMARIAN HUSSAIN
FIRST YEAR REP

AVA GRIFFIN
FIRST YEAR REP

student emails

HSSA 's Upcoming Events

HEALTH STUDIES FORMAL



WELLNESS EXPO

wellness exposition

MARCH 31
2025
12-2 PM

📍 International Graduate Affairs Building Atrium

Recharge your mind & body with:

- Health professional tips
- Brand activations
- Wellness workshops (includes yoga & journaling!)
- **FREE** lunch
- Goodie bags filled with wellness products

👁️👂👉 - brand sneak peek!

ORGANIKA
AUTHENTICALLY CANADIAN

CanPrev

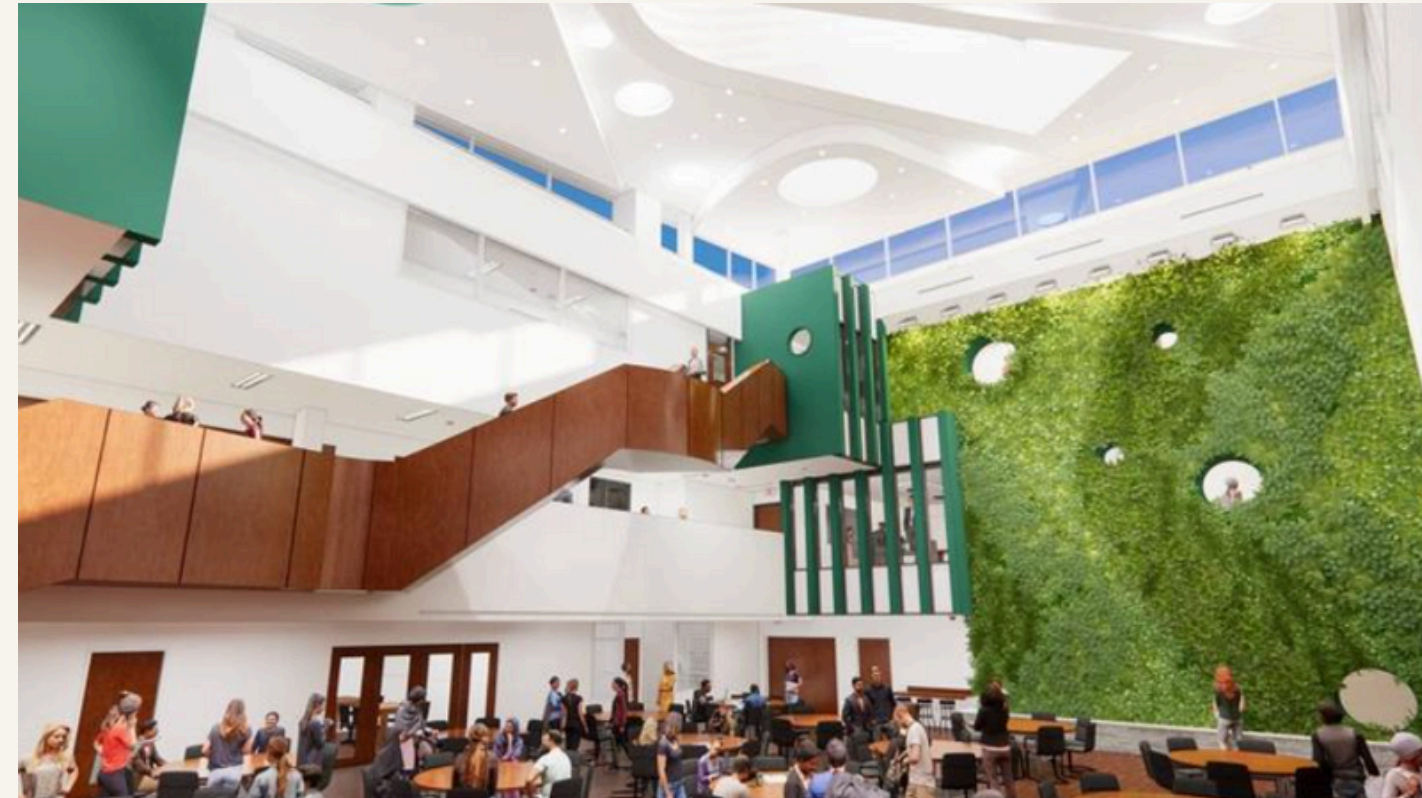


Best Study Spaces on Campus

weldon



thames hall



HSB study hub



music library (talbot)



IVEY building



nat sci cubicles



Places to Grab Healthy Food on Campus

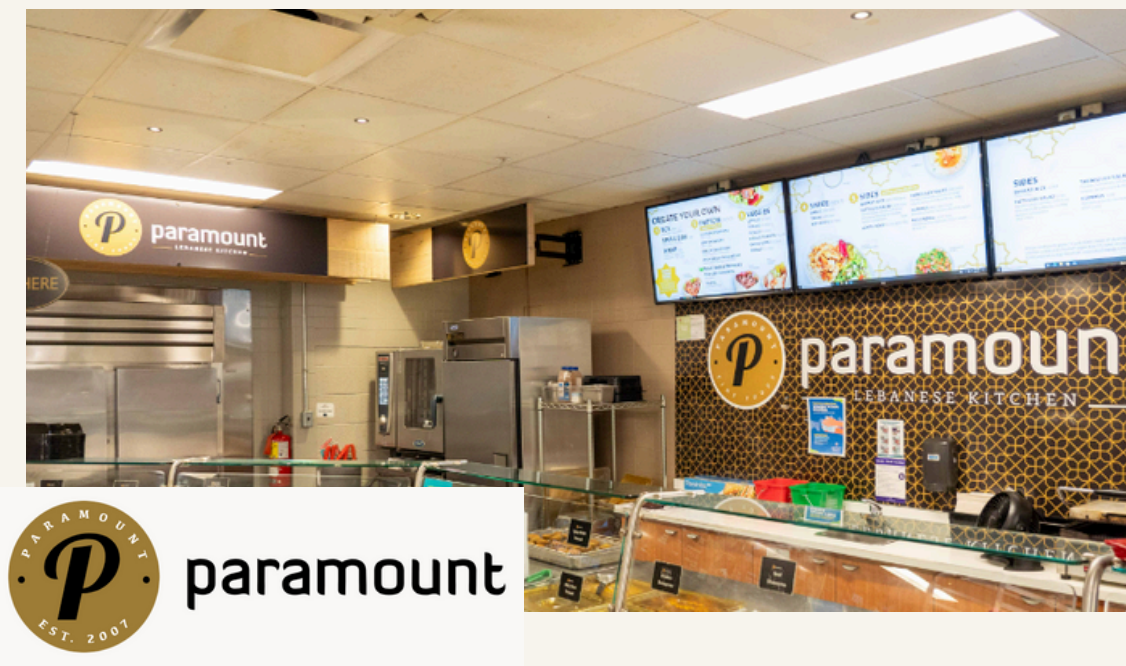
western has SO many options!

the
spoke
and rim tavern




bento
SUSHI

JUGO
JUICE



Podcasts for Self-Improvement & Health



The Mel Robbins Podcast SiriusXM Podcasts

★ 4.8 (11K) · SELF-IMPROVEMENT · UPDATED SEMIWEEKLY

You can change your life and Mel Robbins will show you how. The Mel Robbins Podcast is the #1 podcast on the globe for a reason: Mel's simple, research-backed advice has changed millions of people's li MORE

▶ Latest Episode



Huberman Lab Scicomm Media

★ 4.8 (25K) · HEALTH & FITNESS · UPDATED SEMIWEEKLY ·

The Huberman Lab podcast is hosted by Andrew Huberman, Ph.D., a neuroscientist and tenured professor in the department of neurobiology, and by courtesy, psychiatry and behavioral sciences at Stanford Sc MORE

▶ Latest Episode



The Mindset Mentor Rob Dial

★ 4.9 (13K) · HEALTH & FITNESS · UPDATED DAILY ·

The Mindset Mentor™ podcast is designed for anyone desiring motivation, direction, and focus in life. Host Rob Dial has amassed a passionate following of over 3 million social media followers, includ MORE

▶ Latest Episode

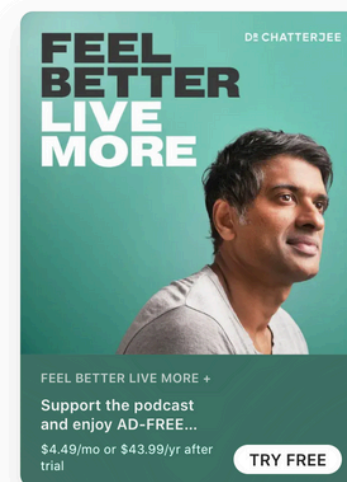


On Purpose with Jay Shetty iHeartPodcasts

★ 4.8 (24K) · MENTAL HEALTH · UPDATED SEMIWEEKLY ·

I'm Jay Shetty host of On Purpose the worlds #1 Mental Health podcast and I'm so grateful you found us. I started this podcast 5 years ago to invite you into conversations and workshops that are designed to h MORE

▶ Latest Episode



Feel Better, Live More with Dr Rangan Chatterjee Dr Rangan Chatterjee: GP & Author

★ 4.8 (2.4K) · ALTERNATIVE HEALTH · UPDATED SEMIWEEKLY ·

"Health has become overcomplicated. I aim to simplify it" In this podcast, we hear stories from leading health experts and exciting personalities who offer easy health life-hacks, expert advice and di MORE

▶ Latest Episode

Closing Remarks

Thank you all very much for attending our session tonight, we hope you stay in contact with our association by following us @westernhssa



Networking Session

Feel free to chat with any of the panelists!
They would be more than happy to answer questions
or connect on LinkedIn!

