STUDENT WELLNESS RESOURCE OF THE MONTH

Although being a "starving student" might seem like a rite of passage, **food insecurity can impact your physical and mental health.** Check out these “Food Security Resources” at UBC.

CAREER AND PROFESSIONAL DEVELOPMENT RESOURCES

Are you struggling with writing a paper or your thesis? Do you want to **improve** your **scientific writing skills**? Check out these **workshops** offered by UBC’s Centre for Writing and Scholarly Communication. Get help with every component of scientific writing, from abstracts to conclusions.

EVENTS

Feb. 21-25: UBC Midterm Break

DEADLINES

Feb. 4: Aboriginal Graduate Fellowship departmental deadline. [More info.]

Feb. 8: Deadline for students to **obtain approval of research proposal** from committee and external examiner and **submit “Form 3”** to the BMB graduate secretary.

Feb. 22: Deadline for completing the **2022 Canadian Graduate and Professional Student Survey** (students should have received a personalized invitation by email from grad.survey@ubc.ca). Participants will be entered into a random draw for one of five **$100 UBC Food Services gift cards**.