STUDENT WELLNESS RESOURCE OF THE MONTH

Jan. 26: **Grad Wellness Series**: Caring for Yourself in Grad School: Self-Care Strategies for Managing Stress and Avoiding Burnout. [More info.]

ANNOUNCEMENTS

Welcome to our incoming graduate students - **Al Rochet Hossain** (Greenblatt Lab), **Armando Palacios Chaparro** (Strynadka Lab), **Victoria Palmgren** (Molday Lab), and **Shaun Peters** (Strynadka Lab).

AWARD DEADLINES

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

BMB GSA-SPONSORED EVENTS

Jan. 28: **BMB GSA Symposium 2: Cancer & Applied Therapeutics** (Cullis, Dedhar, Devine, Hieter, Ling, Mui, Parker, Subramaniam, and Withers Labs).

BMB GRADUATE PROGRAM-SPECIFIC DATES

Jan. 25: Deadline for MSc students who would like to transfer to the PhD program, and for PhD students who must advance to candidacy, to submit research proposal to committee members and external examiner.

Feb. 8: Deadline for students to obtain approval of the research proposal from committee and and external examiner and submit Form Three to the BIOC graduate secretary.