

# HKGSAN EWS

Human Kinetics Graduate Students' Association

## What's New With the HKGSA?

It's been almost three months since the new executive committee has been in place and we've been working hard to deliver the best student experience for you. In the coming weeks and months you can look forward to a refurbished lounge room, regular lunch and learns, and a fall semester full of exciting social and academic events!

## Stay Connected With Us!

We're excited to announce that our new website has launched! Head over to [hkgsa.ca](http://hkgsa.ca) to stay up to date on all things HKGSA.

If you haven't already, be sure to

follow us on Instagram at

[@hkgsa\\_uottawa](https://www.instagram.com/hkgsa_uottawa)

and on Facebook at "Human Kinetics - Grad Students".

Lastly, feel free to send us an email at [hkgsa@uottawa.ca](mailto:hkgsa@uottawa.ca)



## Upcoming Events

**HKGSA Website Launch - July 18**

**Grad Lounge Reopening - August 15 (MNT 206)**

**Inaugural Monthly Lunch and Learn - September 6**  
(room TBD)

**Orientation Week - September 6 - 7 (locations tbd)**

**We invite you all to attend these exciting events and hope to see you there!**

## Meet Your Executive Committee



### **Wes Chen, President**

Wes is a second year MSc student working under the supervision of Dr. Blaine Hoshizaki. His research is focused on examining the biomechanical characteristics that result in concussion among youth ice hockey players. Wes' responsibilities include overseeing the general functions of the committee, chairing the association's meetings, and representing the association on various faculty and school-wide councils. In his spare time he likes to play guitar, find/listen to vinyls, and be outdoors.



### **Pegah Akbari, VP of Executive Committee and Councillors**

Pegah is a second year MSc student with her research focusing on the exploration of the mechanisms regulating heat loss responses in aging and chronic disease populations. Her work is under the supervision of Dr. Glen Kenny and the HEPRU laboratory. Pegah's responsibilities include delegation of tasks to executive and council members, bringing attention to, and voicing suggestions and concerns raised through the HKGSA email to the executive committee, promotion of HKGSA events, and representing the HKGSA at the School of Human Kinetics' graduate council meetings. Outside of the laboratory walls, Pegah's either cycling by the river, snapping pictures of wildlife and landscapes or looking for an excuse to baking some new desserts!



### **Steven Latino, VP Communications**

Steven is a second year MA student working under the supervision of Dr. Terry Orlick. His research focuses on sport psychology and in particular, how ultra-endurance athletes cope with the stressors experienced during their arduous journeys. Responsibilities include recording and sending out meeting minutes, preparing and sending mass emails to all students and managing the HKGSA's website and social media accounts. When not researching, you can find Steven on the beach with his guitar or hiking through the woods.



### **Maji Shaikh, VP Finance**

Maji is a second year MA student working under the supervision of Dr. Tanya Forneris. His research is focused on studying the dynamics of youth leadership in positive youth development programming in sport and physical activity, particularly with at-risk youth populations. Maji's responsibilities include the proper management of the association's funds, seeking internal and external funding strategies, and preparing a yearly budget for the association.



### **Jenn Taing, VP Academic**

Jenn is a second year MA student working under the supervisor of Dr. Tanya Forneris in the area of positive youth development. Her research focuses on exploring the life events and/or factors that lead youth to become contributing citizens as young adults, with particular interest in community contributions. Jenn's responsibilities involve organizing academic events, notably the annual graduate student research conference. Jenn is a fitness junkie, food and wine aficionado, and adores all things floral.



### **Sieger Roorda, VP Social**

Sieger is a second year Masters student in the Intervention and Consultation stream of Human Kinetics. He is currently working towards the completion of his internship offering mental performance consulting to various athletes, sport teams and special populations while under the supervision of Dr. Diane Culver and Dr. Natalie Durand-Bush. Sieger's responsibilities include acting as a social and sporting event manager, as well as leading event marketing and promotion strategies for the association as well as making sure everyone is just having an all around good time.



### **Amanda Wurz, Special Advisor**

Amanda is a third year PhD candidate working under the supervision of Dr. Jennifer Brunet in the Physical Activity and Health Promotion Lab. Her program of research is focused on exploring the effects of physical activity on health and quality of life in adolescent and young adult cancer patients and survivors. As a Special Advisor, Amanda attends HKGSA meetings, is a liaison between students and the HKGSA, as well as helps propose, plan, and organize academic and social events. In her spare time, Amanda teaches spin classes and enjoys getting outside and cycling, hiking, running, rollerblading, and anything else that will allow her to work up a sweat!