



FEBRUARY | VOLUME II



THE PULSE

THE OFFICIAL NEWSLETTER OF THE FACULTY OF HEALTH SCIENCES



"FOLLOW YOUR
PASSION"

FARIHA JAMANI

EVENTS
ON CAMPUS!

EVENTS: FEB 2 - 6

**Events & prices are subject to change, please confirm online*

**TUES FEB
2**

Zumba

SSB, Room 3101

12:10pm - 12:50pm

Free!

Full Body Blast

FEB, Gym

12:10pm - 12:50pm

Free!

Writing in Nursing
& Health Sciences

WSS, Room 3134

12:30pm - 1:30pm

Free!

Health of the Next
Generation, Guest

Speaker Nancy Reichman

SSC, Room 5220

1:00pm - 2:00pm

Free!

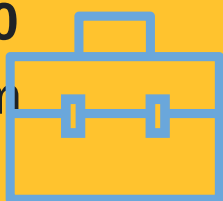
Job Searching Resources

Focus Group

UCC, Room 210

4:30pm - 5:30pm

Free!



MON FEB 5

Zumba

SSB, Room 3101

12:10pm - 12:50pm

Free!

TUES FEB 6

ChoreograFIT

SSB, Room 3101

12:10pm - 12:50pm

Free!

Yoga with Jan

FEB, Gym

12:10pm - 12:50pm

Free!

Writing Your Thesis or
Dissertation

WSS, Room 3134

12:30pm - 1:30pm

Free!

EVENTS: FEB 7 & 8

**Events & prices are subject to change, please confirm online*

WED FEB 7

Careers & Coffee

UCC, The Wave

9:30am - 11:00am

Free!

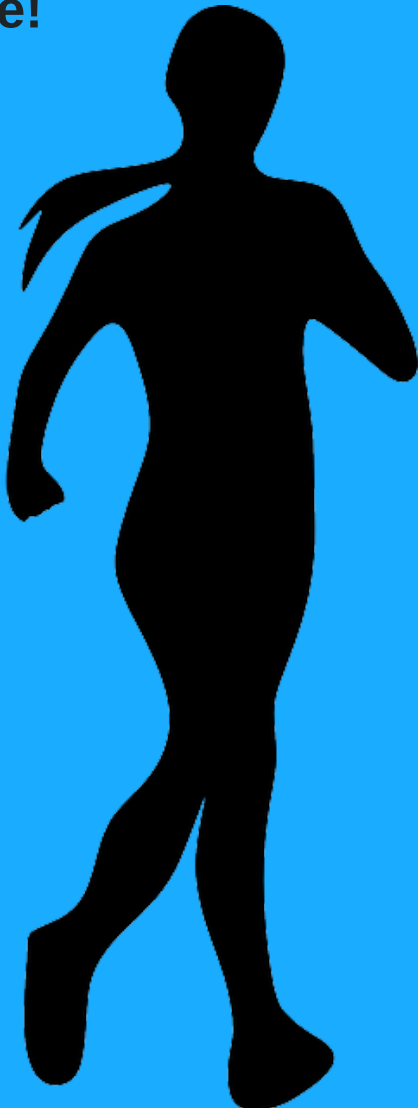


Kick-Start to Active Living

SSB, Room 3101

12:15pm - 12:45pm

Free!



THURS FEB 8

Meditation

UCC, Room 76 (Fairmount Room)

12:10pm - 12:50 pm

Free!

Yoga with Jan

SSB, Room 3101

12:10pm - 12:50pm

Free!

Summer Abroad Info Session

International & Graduate Affairs Building, Chu International Centre

12:30pm - 1:30pm

Free!



EVENTS: FEB 11 - 14

**Events & prices are subject to change, please confirm online*

SUN FEB 11

Western University Jazz
Ensemble Concert
Mocha Shrine Center
2:00pm

Fitness 4 Beginners
SSB, Room 3101
12:15pm - 12:45 pm
Free!

Grammer Primer
WSS, Room 3134
12:30pm - 1:30 pm
Free!
Register Online

TUES FEB 13

Yoga with Jan
SSB, Room 3101
12:10pm - 12:50pm
Free!

Board and Senate Elections
Poll Closes
8:00am

MON FEB 12

Zumba
SSB, Room 3101
12:10pm - 12:50 pm
Free!

Board and Senate Elections
Poll Opens
8:00am

WED FEB 14

Distress Tolerance Lecture
Western Student Services
Building (WSS)
2:30pm

Choir Concert:
Seasons of Love
Music Building
6:00pm

EVENTS: FEB 15 - 28

**Events & prices are subject to change, please confirm online*

THURS FEB 15

Yoga with Jan
SSB, Room 3101
12:10pm - 12:50pm
Free!

Meditation
UCC, Room 76 (Fairmount Room)
12:10pm - 12:50 pm
Free!

FRI FEB 16

Zumba
SSB, Room 3101
12:10pm - 12:50 pm
Free!

FEB 17-25

Spring Reading Week

MON FEB 26

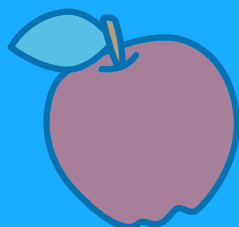
Zumba
SSB, Room 3101
12:10pm - 12:50 pm
Free!

TUES FEB 27

ChoreograFIT/Full Body Blast
SSB, Room 3101
12:15pm - 12:45 pm
Free!

WED FEB 28

**Overcoming Procastination
Lecture**
Western Student Services
10:00am



Follow Your Passion – It Will Lead You to Your Purpose: Struggles, Regrets and A Lot of Self-Exploring

Fariha Jamani

Nursing, Year 3

Hello there. My name is Fariha and I am a third year nursing student. I like to think of myself as a somewhat unique individual. This is not only because I am in one of the toughest undergraduate programs to exist, but also because I do not intend to practise as a ‘true nurse’ – the ultimate outcome of the program.

Now that I got your attention, you must be like “what!?, no way” – at least that’s what I have heard from several individuals, both within nursing and beyond. I have even been questioned as to why I am in the program and what possibly would I do with my life.

Well, let me tell you one thing about myself. My brain works a lot more effectively than my hands. I always knew growing up that I could never be an engineer or a pilot or in fact any other professional who required the simultaneous use of her limbs and intellect. Yet, somehow I always wanted to be a doctor, because “I wanted to help people.” This perspective eventually changed, as I interacted with multiple doctors upon my arrival to Canada in 2010, where the doctors didn’t really help me but merely fixed me up with a dose of antibiotics or a prescription of nasal inhalant.

I clearly recall the time when I had to pick my program and a university. I knew I had the grades so admission wasn't a concern. In fact, I had the highest average in Thames Valley District School Board, and I subsequently got a lot of publicity (and money) for it. My first preference was the Western-Fanshawe Collaborative BScN program – and now after three years of reflection and question I still don't know why. I had never really seen what a nurse actually did at a hospital; all I knew was that my aunts were nurses in the US and lived a stable life. I knew that nurses were some sort of angelic, feminine individuals who helped sick people for 12 hours in a day. As you can appreciate, most of that isn't true (nurses don't have to be feminine; not every nurse works 12 hours a day; nurses do so much more than just assisting sick individuals).

You must be thinking, Fariha you are one silly individual who did not do her research properly and should be held accountable for the consequences. Maybe you are right. Maybe if I clicked "Accept" for the Health Sciences Program (Honors Specialization) at Western University, I would be in a very different place in life.

But I did not. I chose nursing. I wanted to be a RN, and I still do. Do I have any regrets? No! Do I wish I had done things differently? Sometimes. Have I learned a lot about myself in the nursing program? You bet. Do I think it's one of the most rewarding experiences of my life? 100%.

My point here is that I still want to be nurse Fariha – but just a different kind of nurse Fariha. One who advocates for healthy public policy or one who engages in knowledge translation interventions at the RNAO or one who works at a homeless shelter assessing health risks among individuals. I don't know where my aspirations will lead me, but I have confidence in my abilities that one day I will be at a place where my childhood dream of actually helping people will be a reality that I get to practise every single day.

I want to be very clear here that by no means do I intend to devalue what traditional nurses at hospitals do. I believe that they are so needed in that setting and there will be dire consequences for the healthcare system if there are anymore cutbacks. The nurses in acute care settings do an insane amount of work and I could possibly not imagine what they must go through when things don't work in the best interest of the patient. I will and always admire their courage and hard work.

However, I do not foresee myself as one of them. I never did. I knew that environment was different and despite my countless attempts to adjust and "get over it" – I could not attain the level of satisfaction and fulfillment that I did when I took the community health nursing course and did a lot of community outreach and health promotion. I would say that really is what my jam is in a nutshell. Social determinants of health - I love that phrase.

Currently, I work as a research assistant in the Faculty of Health Sciences and I love it! I also work as a personal support worker in the dementia unit at a long term care. I teach high school Math too. Suffice to say I am a busy person, as it does take a lot to juggle these jobs, to volunteer in my community and to attain a decent grade in school. You know what though? I am happy. I am happy to be where I am at. And I know one day I will get there. Wherever that "there" may be.

My 101 advice for anyone: Never let anyone belittle your dreams and crush your hopes. Never let anyone take charge of how you intend to live your life. Be proud of who you are. Get involved in the community. Be grateful for every opportunity that comes your way and if you feel like giving up, never forget why you began in the first place.

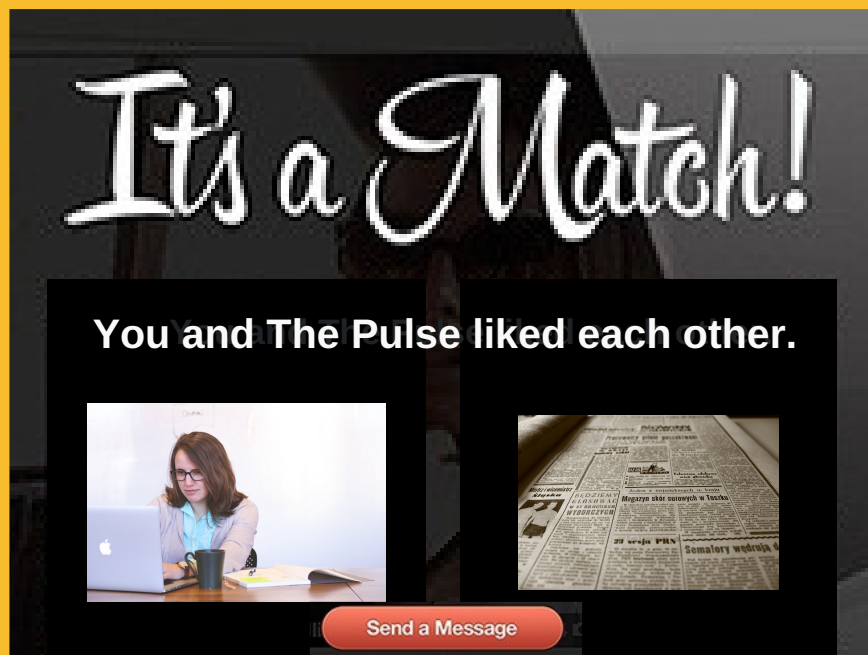
Cheers,

Fariha Jamani

WRITE FOR US!

CHECKLIST

- IN THE FACULTY OF HEALTH SCIENCES
- ANY LEVEL OF WRITING EXPERIENCE
- INTEREST IN WRITING
- WANT TO CONTRIBUTE TO FHS
- WANT TO BE INVOLVED



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[HTTP://FHSPULSE.WIXSITE.COM/HOME/VOLUNTEER](http://fhspulse.wixsite.com/home/volunteer)

AVAILABLE POSITIONS



WRITERS

- **ACADEMICS**
- **NEWS**
- **LIFESTYLE/CULTURE**
- **OPINION**

NEWSLETTER TEAM

**FIND EVENTS
ON/OFF CAMPUS TO
BE INCLUDED IN
THE MAGAZINE**

THEPULSEFHSSC@GMAIL.COM

