YEAR PLAN

Fourth Year Representative

Isabella Froeschl

McMaster Science Society

2026-2027

(submitted August 31st, 2026)

MCMASTER SCIENCE SOCIETY

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1280 Main St. West
Hamilton, ON, L8S 4L8
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2026-2027 Year Plan

Letter from the Position

Hello MSS!

My name is Isabella Froeschl, and I am your fourth year representative for the 2026-2027 academic year. This will be my third year on the MSS, as I have also been the class of 2027 year representative for the past two years. I am really excited to begin this role and help fourth year science students have an amazing year!

In previous years, the year representatives made significant efforts to ensure students were well supported and less stressed during midterm and exam seasons. During these intense academic periods, the year reps would hand out care packages or host de-stressor events, where students could partake in a relaxing activity with other students. I plan to continue these activities as I have first-handedly seen and heard about the positive impact they have had on students.

Additionally, last year's fourth year representative, Rachel Schieldrop, ran a career panel to showcase different careers in science. This event was highly successful as fourth year students are often preparing to apply to jobs and/or graduate school and therefore benefit greatly from hearing about the varying post-undergraduate options available. I hope to organize a similar event again this year.

Finally, I hope to ensure all fourth years' have a place where their opinions, questions and thoughts can be shared. This can be done using a form that would be accessible through the macsci2027 instagram page at all times. I would regularly check the form and provide insight and answers when applicable.

I look forward to meeting many of you!

Isabella Froeschl
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fourthyear@macsci.ca

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TIMELINE

Month	Objective/Project/Event/Goals
June	Events/Projects: 1. N/A Things to complete: 1. Attend MSS in-person training for all core and general executives
July	Events/Projects: 1. N/A Things to complete: 1. Complete the Year Plan draft 2. Get in contact with the other year reps to begin discussing potential collaborative events
August	Events/Projects: 1. N/A Things to complete: 1. Have a meeting with year reps to solidify the collaborative events for the year 2. Complete the final copy of the Year Plan
September	Events/Projects: 1. Have the macsci2027 instagram up and running 2. Create a google form that is accessible via the macsci2027 instagram where any 4th year science students can share any questions, comments or feedback they may have Things to complete: 1. Monitor the google form for responses
October	Events/Projects: 1. Begin organizing a fall de-stressor with the other year reps Things to complete: 1. Continue to monitor the google form for responses
November	Events/Projects:

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	1. Host the fall de-stressor with the other year reps Things to complete: 1. Continue to monitor the google form for responses 2. Buy supplies for end-of-care packages care packages
December	Events/Projects: 1. Create and distribute end-of-semester care packages with other year reps for science students Things to complete: 1. Continue to monitor the google form for responses 2. Complete the first draft of the Transition Report
January	Events/Projects: 1. Begin organizing a career workshop with third-year rep and potentially SRA reps Things to complete: 1. Continue to monitor the google form for responses
February	Events/Projects: 1. Host a career workshop with third-year rep and potentially SRA reps Things to complete: 1. Continue to monitor the google form for responses
March	Events/Projects: 1. N/A Things to complete: 1. Continue to monitor the google form for responses 2. Complete the final copy of the Transition Report
April	Events/Projects: 1. Create and distribute end-of-semester care packages with other year reps for science students 2. Host an end-of-year bonfire with other year reps Things to complete:

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	1. Continue to monitor the google form for responses

OBJECTIVES:

Advocate for Fourth Year Science Students	
Description/ Current State	- In a faculty as large as the Faculty of Science at McMaster, it can be difficult for individual ideas to be heard and taken into consideration

Goal	Vision: Represent the interests of fourth year science students at McMaster
	- Have a google form accessible at all times through the @macsci2027 instagram
	  - Fourth year science students can voice any ideas, questions or opinions they have here which I can then address or pass along to the MSS core exec members
	  - Use this feedback and organize any additional initiatives that would help the students
	
	Strengths: I am a fourth year science student myself and can therefore use my own insight to create opportunities that the students would benefit from
	
	Weaknesses: Although the form will be easily accessible, students may not feel motivated to submit their feedback

Long Term Implications	- Help students feel recognized - Contribute to the drive of positive change
Partners	All MSS Core Exec Members

Help Prepare Students for Post-Undergrad	
Description/ Current State	- Fourth-year students are continuously thinking about their plans for post-undergrad and often are still not certain about what they want to pursue - Often the uncertainty of career comes from not knowing what career options are available

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Goal	Vision: Represent the interests of fourth year science students at McMaster - Host an event where fourth year science students can learn about all career and post-undergraduate options that are available to them - Using the @macsci2027 instagram, share any opportunities that are offered by the MSS where career/graduate exploration is involved Strengths: As the third year rep, Angela, is in a different program as me, we will have a greater range of connections we can contact for the event Weaknesses: Finding enough speakers from different career paths to speak at the career exploration event may be hard - Will need to start searching early
Long Term Implications	- Better prepare science students at McMaster for when they finish their undergrad
Partners	- MSS Third Year Rep = Angela Lee = thirdyear@macsci.ca

Offer Opportunities to De-Stress	
Description/ Current State	- Midterms and exams can be very stressful for students, no matter the year they are in - It is very important to remember to take small breaks from studying - Being provided with moral support can also help decrease stress and better students' mental states
Goal	Vision: Provide students with resources and events to help them decrease their stress during intense academic periods - Organize a de-stressor event around midterm season with snacks and an activity (ex. painting) - Attending these can help students take their mind off studying for a moment and enjoy the company of others - During the start of exams for each semester, create and hand out care packages

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	- These care packages will include moral boosting notes and little treats/fidget toys/other goodies Strengths: I have organized de-stressor events as well as made care-packages in the past and therefore know the steps that need to be followed to have them go successfully Weaknesses: It is often difficult to have a high enough attendance of students at de-stressor events - To overcome this - have advertising go up earlier
Long Term Implications	- Students can speak to others at de-stressor events and understand that they are not alone in feeling stressed during exams and midterms - Builds a positive and supportive environment between students at McMaster
Partners	- MSS First and Second Year Reps = TBD - MSS Third Year Rep = Angela Lee = thirdyear@macsci.ca

EVENTS & PROJECTS

Name of Event/Project: Fall De-Stressor	
DATE	Beginning of November
PURPOSE	Provide students with an opportunity to take a brief break from the stressful midterm season and partake in a fun activity with other students
PROCEDURE	1. Decide on logistics with other year reps 2. Submit Comms Request for advertising 3. Book a room 4. Purchase supplies
DIFFICULTIES	Having enough engagement
PARTNERS	MSS Year Reps: - First and Second Year Reps = TBD - Third Year Rep = Angela Lee
PROJECTED OUTREACH	Students in the Faculty of Science at McMaster (although other students are welcome as well)
BUDGET	TBD

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Name of Event/Project: End-of-Semester Care Packages	
DATE	Beginning of December and Beginning of April
PURPOSE	Provide students with moral support during the exam period
PROCEDURE	1. Decide on logistics with other year reps 2. Purchase supplies
DIFFICULTIES	N/A
PARTNERS	MSS Year Reps: - First and Second Year Reps = TBD - Third Year Rep = Angela Lee
PROJECTED OUTREACH	Students taking courses in the Faculty of Science at McMaster
BUDGET	TBD

Name of Event/Project: Career Workshop	
DATE	February
PURPOSE	Provide upper-year students with the opportunity to learn about the many career and post-undergraduate options that are available to them
PROCEDURE	1. Decide on logistics with partners 2. Find speakers 3. Submit Comms Request for advertising 3. Book a room 4. Purchase supplies
DIFFICULTIES	Finding enough speakers that are available for the event
PARTNERS	- MSS Third Year Rep = Angela Lee - Potentially SRA reps
PROJECTED OUTREACH	Upper-year Students in the Faculty of Science at McMaster
BUDGET	TBD

Name of Event/Project: End-of-Year Bonfire	
DATE	Beginning of April

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PURPOSE	An end-of-year event where students can get together outside and enjoy each other's company, games and snacks before final exams begin
PROCEDURE	1. Decide on logistics with other year reps 2. Get in contact with ALTITUDE McMaster 3. Submit Comms Request for advertising 4. Purchase supplies
DIFFICULTIES	Having enough engagement
PARTNERS	MSS Year Reps: - First and Second Year Reps = TBD - Third Year Rep = Angela Lee
PROJECTED OUTREACH	Students in the Faculty of Science at McMaster
BUDGET	TBD