YEAR PLAN

Third Year Representative

Isabella Froeschl

McMaster Science Society

2025-2026

(submitted August 31st, 2025)

MCMASTER SCIENCE SOCIETY

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1280 Main St. West
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2025-2026Year Plan

Letter from the Position

Hello MacSci community!

My name is Isabella Froeschl, and I am excited to be the 2025-2026 third year representative for the McMaster Science Society. This is my second year as a part of this society, as I was last year's second year representative. I am in Honours Life Sciences III, and I can't wait to meet many of you, and have a positive impact on your incoming year.

In the 2024-2025 school year, the year representatives did an excellent job of hosting de-stressor events during the busy midterms seasons, something myself and the other year reps plan to continue to do. My hope is that in organizing different de-stressor events we can create a great sense of community, as well as help everyone feel their best during test season.

This year, I plan to additionally focus on career exploration for the third year science students. I hope to make third year science students aware of the vast scope of exciting opportunities that await, through information sessions and events.

Lastly, I look forward to creating a feedback system where we can routinely receive opinions from third year students about events they attended, or ones they want to see. By collaborating with all of you, we can help create a positive cycle of betterment!

I am excited for another great school year!

Isabella Froeschl
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TIMELINE

Month	Objective/Project/Event/Goals
June	Events/Projects: 1. N/A Things to complete: 1. Attend and participate in the core executive virtual meetings 2. Attend the in-person training day at McMaster for all core and general executives
July	Events/Projects: 1. N/A Things to complete: 1. Continue to attend and participate in core executive virtual meetings 2. Begin a draft of the year plan and add it to the Year Plans 2025-2026 folder
August	Events/Projects: 1. N/A Things to complete: 1. Continue to attend and participate in core executive virtual meetings 2. Attend and share updates in the general executive virtual meetings 3. Complete a final copy of the year plan 4. Get in contact/organize a meeting with the other year reps to begin the planning of collaborative events
September	Events/Projects:

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	1. Create a google form where students can share any questions, concerns or feedback they may have Things to complete: 1. Contact the other year reps as well as SRA reps to discuss possible collaborations 2. Begin the use of the macsci2027 instagram
October	Events/Projects: 1. Post the google form 2. Begin organizing a fall de-stressor event with the other MSS year reps (and possibly SRA reps) Things to complete: 1. Regularly check the google form 2. Keep the macsci2027 instagram active
November	Events/Projects: 1. Host the fall de-stressor with the other MSS reps (and possibly SRA reps) Things to complete: 1. Regularly check the google form 2. Keep the macsci2027 instagram active
December	Events/Projects: 1. Begin to organize a career exploration event 2. Create and hand out end of term care packages with the other year reps Things to complete: 1. Regularly check the google form 2. Keep the macsci2027 instagram active
January	Events/Projects: 1. Host a career exploration event 2. Begin planning the second de-stressor event (Valentine's themed) with the other MSS year reps Things to complete:

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	1. Regularly check the google form 2. Keep the macsci2027 instagram active
February	Events/Projects: 1. Host the second de-stressor event (Valentine's themed) with the other MSS year reps Things to complete: 1. Regularly check the google form 2. Keep the macsci2027 instagram active
March	Events/Projects: 1. Begin the planning of the end of year bonfire with the other MSS year reps Things to complete: 1. Regularly check the google form 2. Keep the macsci2027 instagram active
April	Events/Projects: 1. Host the end of year bonfire with the other MSS year reps 2. Create and hand out end of term care packages with the other year reps Things to complete: 1. Regularly check the google form 2. Keep the macsci2027 instagram active 3. Complete the transition report for the next third year representative to use

OBJECTIVES:

Spread Awareness Regarding Post-Undergraduate Options	
Description/ Current State	- Third year is often a time when students begin to think about their plans post undergrad

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	- Many students are still unsure about what path they would like to pursue
Goal	Spreading awareness and giving students opportunities to learn about the different post-undergraduate options and career paths
Long Term Implications	- Increases students' understanding on options they have post-undergrad - By helping expand the knowledge of future opportunities, third year students will feel more secure and prepared when they start making important decisions for their future - Spreading awareness will help with third year students' confidence and agency - while uncertainty may still be present, it could help ease some worries knowing future options
Partners	Possibly MSS Fourth Year Representative: Rachel Schieldrop

Represent Third Year Science Students	
Description/ Current State	- As a year representative, it is important that I am able to help third year science students see their opinions be reflected over the school year - Students will have a variety of thoughts, and ideas and as a voice of the collective, I want to make sure they are heard and implicated in a variety of ways
Goal	Assuring all third years have a voice and a place where any of their questions, concerns or comments can be shared
Long Term Implications	- By listening to third years, incorporating their ideas, and making changes related to their opinions, I can help them take hold of their time at university - It will help third year science students feel recognized, stimulating a positive attitude and sense of community

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Partners	TBD

Host De-stressors	
Description/ Current State	- Many science students can feel stressed (rightfully so) during busy weeks - Sometimes, students can become so focused on studies, they neglect self-care and don't take a needed break
Goal	Organizing and keeping students up to date on social de-stressor events and other initiatives
Long Term Implications	- By organizing events where students can take their minds off work, it will help create a positive mental space and allow individuals to not feel too burnt out - Additionally, if students enjoy the events, it can hopefully reinforce the important lesson that breaks are necessary and they are not a set back - instead success is actually contingent on taking those moments
Partners	All other MSS year reps and possibly SRA reps

EVENTS & PROJECTS

Name of Event/Project: Fall De-stressor (Name still undecided)	
DATE	Sometime between start to mid November
PURPOSE	To give students a time to de-stress with friends after midterms and reset before finals, with a theme relating to the time of year (fall)
PROCEDURE	1. Discuss logistics with the other year reps 2. Fill in a comms request about a month before the event so that a post can be made to advertise it 3. Figure out funding

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	4. Book a room 5. Get any necessary supplies (ex. food, decorations, games) 6. Ensure advertising post has gone up
DIFFICULTIES	- Getting a large enough students to attend (as it is busy during midterms season)
PARTNERS	Other MSS year reps: - First year reps = TBD - Second year rep = Rama Chaltaf - Fourth year rep = Rachel Schieldrop Possibly SRA reps
PROJECTED OUTREACH	All students that are part of the Faculty of Science at McMaster
BUDGET	TBD

Name of Event/Project: Career Exploration	
DATE	Around mid to end January
PURPOSE	To give third year science students a chance to learn about the varying post-undergraduate career options they have available
PROCEDURE	1. Think about logistics 2. Fill in a comms request about a month before the event so that a post can be made to advertise it 3. Figure out funding 4. Book a room 5. Contact speakers 6. Get any necessary supplies (ex. food, decorations) 7. Ensure advertising post has gone up

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DIFFICULTIES	- Finding speakers who are willing and free to share information about their career
PARTNERS	TBD
PROJECTED OUTREACH	All third year students that are part of the Faculty of Science at McMaster
BUDGET	TBD

Name of Event/Project: Valentine's De-stressor (Name still undecided)	
DATE	Mid February
PURPOSE	To give students a time to de-stress with friends after midterms, and reset before finals, with a theme relating to the time of year (Valentine's Day)
PROCEDURE	1. Discuss logistics with the other year reps 2. Fill in a comms request about a month before the event so that a post can be made to advertise it 3. Figure out funding 4. Book a room 5. Get any necessary supplies (ex. food, decorations, games) 6. Ensure advertising post has gone up
DIFFICULTIES	- Getting a large enough students to attend (as it is busy during midterms season)
PARTNERS	Other MSS year reps: - First year reps = TBH - Second year rep = Rama Chaltaf - Fourth year rep = Rachel Schieldrop Possibly SRA reps

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PROJECTED OUTREACH	All students that are part of the Faculty of Science at McMaster
BUDGET	TBD

Name of Event/Project: End of Year Bonfire	
DATE	Start of April
PURPOSE	To give students a final time to relax and enjoy snacks and chats before finals begin
PROCEDURE	1. Discuss logistics with the other year reps 2. Fill in a comms request about a month before the event so that a post can be made to advertise it 3. Figure out funding 4. Get in contact with ALTITUDE to book the bonfire pit 5. Get any necessary supplies (ex. ingredients for s'mores) 6. Ensure advertising post has gone up
DIFFICULTIES	- Ensuring availability of the bonfire pit - Getting a large enough students to attend (as it is often busy right before finals season)
PARTNERS	Other MSS year reps: - First year reps = TBD - Second year rep = Rama Chaltaf - Fourth year rep = Rachel Schieldrop
PROJECTED OUTREACH	All students that are part of the Faculty of Science at McMaster
BUDGET	TBD

Name of Event/Project: End of Semester Care Packages

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DATE	December and April
PURPOSE	To give a little motivation before finals, and cheer students up during stressful times
PROCEDURE	1. Discuss logistics with the other year reps 2. Figure out funding 3. Get any necessary supplies 4. Make the packages 5. Advertise when/where the packages will be available 6. Hand them out
DIFFICULTIES	N/A
PARTNERS	Other MSS year reps: - First year reps = TBD - Second year rep = Rama Chaltaf - Fourth year rep = Rachel Schieldrop
PROJECTED OUTREACH	All students that are part of the Faculty of Science at McMaster
BUDGET	TBD