

Trinity College Program of Study (POSt) Profiles March 2020

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Name: Aysha Nebil Mohammed
POST: Rotman Commerce; Math Minor
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Name: Claire Czank
POST: Math & Statistics Majors; Russian Literature in Translation Minor
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Why did you choose your POST?

I was a Math Specialist but I realized I didn't want to be a professor and I'd rather to more applied math than we learned in the specialist classes. As for the Russian Lit, I took a course in first year and really enjoyed it.

Favourite Course(s):

MAT335: Chaos, Fractals, and Dynamics is a great course because the professor really emphasizes learning over marks and the subject matter is super interesting and different than any other class.

Other Extracurriculars: Trinity Peer Advisors

Why should a new student pick this POST?

It's a great program if you're into problem solving and learning about different ways to think about things

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Name: Caroline Wallace
POST: Statistics & Actuarial Science Majors
Contact: caroline.wallace@mail.utoronto.ca



Why did you choose your POST?

I wanted a more applicable math degree. I enjoyed the concepts in statistics so much more than theoretical math, so it was a great use of my love for numbers. Actuarial Science was introduced to me as a more challenging and dynamic field than accounting, but similar. Hence, I started off in it and truly loved it! I am specializing the Actuarial Science because I already wanted to take the courses above and beyond the major requirements. An Actuarial Science major would be just as good if you're tight on room!

Favourite Course(s):

Everyone who knows me knows it's MAT224.... but also I have really enjoyed STA314 and STA414 (more so for curriculum than teaching for STA314). Also ACT247 if very fun!

Other Extracurriculars: Stats Union (Mentorship Coordinator), Actuarial Sciences Union (Treasurer), STA130 Mentor

Why should a new student pick this POST?

The concepts in stats are really fun, and Actuarial unemployment is next to nothing.... you'll land a job as soon as you graduate.

Name: Kate Power
POST: Economics & Global Health Majors; Spanish Minor
Contact: kate.power@mail.utoronto.ca



Why did you choose your POST?

I chose Economics and Global Health because I liked both science and humanities and wanted a program that combined the two. Global Health is more science based allowing me to take the chemistry, biology, and physiology courses I was interested in, while Economics is more theory and a bit of math. I minored in Spanish because I love learning new languages and I think language skills are very useful to have in today's job market.

I think my favourite POST have been Economics, mainly because the upper year courses are so varied and there is a lot of room to sub-specialize in an area. That being said, the first two years of Economics were quite brutal as everyone has to take the same second year theory-based courses, which are not a lot of fun. But if you can make it through, third and fourth year are great!

Research Experience:

During the summer between my fourth and fifth year I did a research placement in an HIV lab at the University of Cape Town. While it was quite different than most of what I had studied in my degree, it did relate on a macro-scale to things I had been studying in Global Health. I learned a lot through this program, both research related and other transferable skills.

Other Extracurriculars: I spent a semester abroad in Spain, brushing up on my Spanish. It was an amazing semester but it didn't add to either of my majors and if I were to do it again I might choose a location where I could get more credit.

Why should a new student pick this POST?

If a student is looking to better understand more about the political, environmental, health, foreign policy, and social situation the world is in today, I would recommend taking Economics. We have built our current societies around economic principles and studying these principles, I believe, is fundamental in understanding how we got to where we are today and how we can move forward in the future. I combined Economics with Global Health because I believe that many of the global health challenges we are facing today have economic roots and I hoped to better understand that. New students interested in learning more about the biological AND socio-economic factors of global health will really enjoy the program. It is also a very flexible department, allowing you specialize within the program on areas like energy, environment, or migration.

Name: Theo Iordache
POST: Economics Major; English & Drama Minors
Contact: theo.iordache@mail.utoronto.ca



Why did you choose your POST?

I've been studying economics since the 11th grade, so it seemed an obvious choice for a major. I initially wanted to major in Drama as well, since I'm a huge Shakespeare geek. However, I realized I wanted to read plays more than perform them, so I switched from a Drama major to a Drama/English double minor.

Favourite Course(s):

ECO220, Statistical Methods in Economics. Best Prof I've ever had at UofT, and it also taught me a great deal about how Economics as an academic discipline is structured: things like how to read an empirical paper properly, understand the link between statistics and making arguments, telling stories with the data, etc.

Other Extracurriculars: Nothing related to Economics, but as far as English/Drama is concerned, I'm heavily involved with campus theatre! I'm Member-At-Large of the TCDS, and have directed two plays.

Why should a new student pick this POST?

Because you like Economics! Because you're interested in how economists build models to approximate reality, and use those models to come to conclusions about the world we live in, and markets we participate in. If you're interested in working with data at all, the Economics POST is great for you! Economists spend a ton of time building regression specifications, working with data, and using it to answer casual questions, and tell a story.

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Name: Amanda Oprisan

POST: English Specialist

Contact: amanda.oprisan@mail.utoronto.ca



Why did you choose your POST?

I only really enjoyed English out of all the courses I took in first and second year.

Favourite Course(s):

ENG140: an amazing introductory course to English taught by a great lecturer (Nick Mount), with interesting readings and class analysis!

Why should a new student pick this POST?

An English degree is a versatile degree: it helps with critical analysis, expands your understanding of how the nuances of language impact every aspect of your life, helps you craft language in a way that is appropriate for the occasion and persuasive, and it is a great degree if you enjoy interacting with literature in an interdisciplinary way. An undergraduate English degree is applicable for many graduate programs (i.e. Law School, further English studies, Med school, etc.) and can be used to enhance many different careers (i.e. banking, data analyst, teaching, journalism, editorials, publishing, etc.).

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Name: Grace Ma

POST: English & Environmental Science Majors

Contact: gracem.ma@mail.utoronto.ca



Why did you choose your POST?

I wanted to double major as I wanted to receive a balanced and complimentary education in both the Humanities and Sciences

Favourite Course(s):

ENG348, it's a full year course on Modern Poetry, which is a topic I am passionate and fascinated about

Other Extracurriculars: I am a Newsletter Editor for the Environmental Students' Union and an Events Coordinator with the English Student Union.

Why should a new student pick this POST?

English: great selection and diversity of courses; supportive professors and community; exciting and stimulating dialogue on both fictional and non-fictional matters. Environmental Science: a very relevant field of study given the pressing issues of our time; you have the chance to study all types of sciences, including biology, chemistry, physics, earth systems science, physical geography, etc.; small program meaning a tight-knit community!

Name: Emily Wuschnakowski

POST: Political Science & Public Policy Majors; Canadian Studies Minor

Contact: emily.wuschnakowski@mail.utoronto.ca



Why did you choose your POST?

Doing a double major and a minor has allowed me to explore a wide variety of issues, and the fact that all three of these programs are very interdisciplinary has also allowed me to tailor my academic experience to my own interests.

I have always been interested in issues surrounding politics, and it has been very rewarding to understand them from not just the perspective of political outcomes, but also the processes behind the results (that's where the public policy comes in). I decided to add a minor to my program because I was on track to finishing my majors early and wanted to take a few extra courses related to my main fields of interest. I knew that I really loved learning about Canadian politics, so I decided to add the Canadian Studies minor to my programs. This has allowed me to learn about all the political theory and concepts behind them for a more sociological perspective, and has given me the opportunity to learn more about the cultural aspects that drive the political outcomes I am learning about in my political science and public policy courses.

Favourite Course(s):

My favourite course that I have taken in my POST is POL351. It integrated all of my interests: politics, public policy, and women/gender issues, and provided me with an opportunity to produce an extensive research report.

Research Experience:

I have been able to do extensive research with the Canadian Studies department on issues of discrimination in experiential learning programs, as well as write research papers on issues of women's representation in both the Canadian and wider global contexts.

Other Extracurriculars: The Canadian Politics Society hosts many fun and interesting events, my favourite of which is the First Minister's Meeting Simulation. The Canadian Studies and Political Science Department also hosts conferences where students can present their research.

Why should a new student pick this POST?

The interdisciplinary nature of these programs really means that you can explore all sorts of different issues and tailor your educational experience to make it what you want it to be.

Name: Hillary Song

POST: International Relations Major; Contemporary Asian Studies & History Minor

Contact: hyunji.song@mail.utoronto.ca



Why did you choose your POST?

I had the goal of studying international relations since elementary school. U of T offers one of the best IR program in the world, and as a student of Trinity, which sponsors the IR program, it was the most reasonable and logical choice. As for my minors, I thought CAS would offer a more in-depth perspective of the Asia-Pacific that would supplement my knowledge of the world, and as IR is very much history-oriented, I chose to minor in history.

Favourite Course(s):

POL208 provides a very nice foundation of international governance and the world systems, which is essential for IR students.

Research Experience:

I have interned at the Canadian Centre for Responsibility to Protect to research past cases of R2P. I am currently part of the G7/G8 Research group as a compliance analyst, researching the UK's compliance on the Sustainable Development Goals.

Other Extracurriculars: President of War Child U of T, Habitat Friends UTSG, video producer at Hanvoice

Why should a new student pick this POST?

IR is a very interesting program that offers students that want to pursue a career in international organizations or public affairs a wide range of opportunities and a good foundation.

Name: Anna Wong

POST: International Relations & Molecular Genetics Majors

Contact: annasy.wong@mail.utoronto.ca



Why did you choose your POST?

I knew that I wanted my undergraduate studies to be as multidisciplinary as possible. International Relations and Molecular Genetics was the perfect combination – I've taken courses in economics, history, political science, chemistry, math, cell biology, and genetics! It's also means that I never have too many readings/essays due at once, or too many multiple choice midterms to study for.

Favourite Course(s):

HIS344 was a wonderfully taught course on Cold War history. MGY428 is a really phenomenal introduction to functional genomics and taught by very engaging professors.

Research Experience:

I participated in the ROP299 program in a Molecular Genetics E. coli lab in my second year. I currently conduct research on corruption in the health sector with a professor based at the Faculty of Pharmacy.

Other Extracurriculars: Women in Science and Engineering, Trinity Ultimate Frisbee (join us!), and I spent an amazing six months on exchange in the UK during my third year.

Why should a new student pick this POST?

If you love the idea of learning about how today's interconnected and globalized society works, why it works the way it does, and how it might change in the future, IR could be a good pick for you. The Molecular Genetics department is a great place for Life Sciences students who are interested in research – the Faculty are really supportive and start providing opportunities for students to get involved as early as First year.

Name: Zoe Thompson

POST: Molecular Genetics Specialist; Physiology Major

Contact: zoe.thompson@mail.utoronto.ca



Why did you choose your POST?

I liked how small the molecular genetics specialist was and also that it provided guaranteed research experience in second year. Getting out of Con Hall is a plus! Mostly I chose it because I am really interested in the subject matter. After taking PSL300 and PSL301 I found that I really enjoyed physiology and the major overlapped with my specialist so I figured it would be a good way to take some of the specialised courses only for physiology majors

Favourite Course(s):

For molecular genetics MGY311 has been a challenging but interesting course that is more discussion and experiment based which I enjoy. Along the same lines the PSL424 seminar course is really interesting and focuses on current research not just memorisation which I really enjoyed.

Research Experience:

I did an MGY299 project during second year in a molecular genetics lab which led me to a UROP summer position and now a work study placement.

Other Extracurriculars: I am a molecular genetics peer mentor.

Why should a new student pick this POST?

You should pick a POST that you are passionate about end of story. Don't pick something because its what you "should" do for a career or postgraduate education.

Name: Lilin Tong

POST: Molecular Genetics & Global Health Majors

Contact: lilin.tong@mail.utoronto.ca



Why did you choose your POST?

I decided to do both molecular genetics and global health because I am really interested in basic science but also wanted to learn more about the implications of scientific discoveries in the context of global health. Majoring in both of these programs allowed me to have a more interdisciplinary education.

Favourite Course(s):

MGY350: I really liked reading scientific literature and discussing them, TRN236: because Fitzgibbon is awesome

Research Experience:

My research interests lie mostly in the basic sciences. I did a lot of research in molecular neuroscience. I think that my study in molecular biology gives me a very different perspective for doing research in neuroscience. I did two summer internships at a lab at MIT, and I was a part of a research/clinical program at Boston Children's Hospital last summer.

Other Extracurriculars or Opportunities: International Course Modules! I recently did one with HMB323 (Global health research) in Greece and it was a blast. HMB440 (Dementia) also has one to the Netherlands.

Why should a new student pick this POST?

If you're really interested in cutting-edge, rigorous scientific research, the molecular genetics program is definitely a great option! The faculty in this program works on a diverse range of topics and a lot of them are very well-known in their field.

Name: Lydia Angarso

POST: Physiology & Global Health Majors; Immunology Minor

Contact: lydia.angarso@mail.utoronto.ca

**Why did you choose your POST?**

I love the principles behind physiology; things like homeostasis, clinical manifestations, and pathways are exciting. I decided not to specialize in physiology since I wanted more freedom in course choices, and I knew I wanted to pursue global health as well. Global health is an interest of mine because of my background as an Ethiopian; Ethiopia is a country often studied for global health interventions. It's something that I've always been interested in, so I decided to pursue it!

Favourite Course(s):

PSL300/301 and HMB323! PSL300/301 are the intro courses to physiology and it was a great overview of human physiology. HMB323 is a global health research course and it's an applied course on how to conduct meaningful global health research. I've gotten the chance to conduct research through this course in Greece, so it was amazing!

Research Experience:

I've been doing research at Toronto General for the past 2 years looking at ethnocultural barriers to receiving a kidney transplant. We are also looking at patient reported outcome measures in pre and post organ transplant recipients. This research is most closely related to my global health major; although, I've also learned more about the physiological mechanism behind many chronic kidney, liver and pulmonary diseases.

Other Extracurriculars or Opportunities: HMB323: an international course module to Greece! Physiology and Human Biology both have mentorship programs with upper years. Also, the Physiology and HMB course unions are amazing!

Name: Alexandra Moffat
POST: Neuroscience Major; Physiology & Psychology Minors
Contact: alexandra.moffat@mail.utoronto.ca



Why did you choose your POST?

I have always loved neuroscience; I chose psychology because I got a research project in it and became interested in it - if I don't get into medical school, this could be a good second option for a career path; physiology just overlapped well with the neuroscience courses I have taken.

Favourite Course(s):

Neuroscience. Its something I love! If you do what you love, you'll enjoy studying it.

Research Experience:

PSY405 and PSY406 - independent research projects in psychology - i have written two of my own theses and have been published as a second author.

Other Extracurriculars: FLC peer mentor, peer advisor (both at Trinity), was an RA in a psychology lab and a translational medicine lab at sick kids. In the dementia course I'm in (HMB440), we get a placement in a facility/day program for dementia patients, where you get a hands on experience with dementia patients.

Why should a new student pick this POST?

If you love it, go for it! I think its a good option if you are passionate about the brain and psychology! There is sooo much unknown about the brain and it is extremely fascinating. the potential is endless!

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Name: Sidney Lee
POST: Biology Specialist
Contact: sidney.lee@mail.utoronto.ca



Why did you choose your POST?

I initially wanted to do a Psychology Specialist but then switched into a Physiology Specialist in my second year, once I realized that physiology might be something that I was interested in (I really enjoyed taking the PSL300 and PSL301 courses). Eventually, I decided the Physiology Specialist program was a bit intense and so switched into the Biology Specialist program, because I had almost all of the required courses already.

Favourite Course(s):

PSL300

Research Experience:

I had a very brief stint at an EEB lab for a few months in my first year. I mainly had to manually collect data from plants in a greenhouse at the Earth Sciences Centre, which included tasks such as counting the number of blossoming flowers on plants and collecting seeds from plants.

Why should a new student pick this POST?

It's very light in its commitment for specific courses, so most life science students will meet most of the requirements easily and without necessarily planning to do so. Also, you get to study lots of

different CSB/EEB courses that you may be interested in, without being constrained to either of those POSTs.