

Q & A with your Student Association Members



SCHOOL OF
HEALTH SCIENCES



MINJI KIM: PRESIDENT, RADT- 4TH YEAR

Fav things to do/eat in Halifax/around campus:

When it's warm, I love to grab ice cream from the dairy bar and walk through the Public Gardens! Some of my fav cafes are First Sight, Uncommon Grounds, and Dilly Dally. Some of my fav places to eat are Ristorante a Mano, Lou Pecou, Busan Korean BBQ, and Naan n Curry.

Fav scrubs: Honestly, nothing beats the OR blues from the hospital. But Figs and Garde Malade are a solid (more expensive) choice. To save a bit of money, you can buy them when they go on sale or Facebook Marketplace usually has a ton too. FYI, I find the Figs fabric definitely lasts better than the Garde Malade ones, but the Figs' flat waistbands are not very stretchy. I found the Garde Malade pants run a bit big. Marks also sells scrubs (a bit cheaper).

Tips for surviving the school year: RELY ON YOUR CLASSMATES!!! Since our program is fairly small and very specific, your classmates will be your go-to's for course help. The upper years can be a great resource for you too. And get a tutor if you need it, even just to get through a tough unit, especially in Physics.

MALCOLM MACKINNON: VICE PRESIDENT, RSPT- 3RD YEAR

Fav things to do/eat: During the summer I love to go swimming and taking my jet ski out with my friends (grand lake is my favourite). I also love patio season. The pint patio and the beer garden are some of my favourites. During the winter you can't beat dilly dally or cortado out in Bedford for coffee and a great place to study.



Fav scrubs: Absolutely love the hospital scrubs. Super easy to get them in the morning and you don't have to worry about laundry. I don't have a brand I love by any means. I find figs don't fit me well so the scrubs I wear during lab is a t-shirt and dickies pants with lots of pockets that I got from JD Uniforms in Bayers lake. Massive selection there, you can't go wrong.

Tips for the school year: Make as many friends as you can. First year can be stressful so having a core group of people can make your year a lot better. Develop solid study habits. Many people find the later years have much harder material so knowing how to study well will prepare you a lot better. Lastly, have fun. You will never forget the fun memories you have in school so try to appreciate them during it. The boat cruise and gala are some of my favourite memories to look back on and look forward to in the future.

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RILEY GATES: NMUT REPRESENTATIVE NUMT- 2ND YEAR

Fav things to do/eat in Halifax/around campus: Going up to citadel hill to watch the sunset (grabbing a sweet treat makes it 10x better too!!)

Fav scrubs: My favourite scrubs are Figs because of all the cute colours and styles that they have! They have sales often, so only buy them when they're on sale because they can be a little pricey!

Tips for surviving the school year: My biggest tip for surviving the school year is to create good study habits right from the get-go and surround yourself with a good study group!

SCRUBS REVIEWS *

Price Range Legend \$ = \$0-\$14.99 \$\$ = \$15-\$29.99 \$\$\$ = \$30-\$44.99

\$\$\$\$ = \$45-\$59.99 \$\$\$\$\$ = \$60-\$79.99

* all data and comments has been collected from classmates

Where can I buy scrubs?

Figs Selection: 5/5 Sizes: XXS-6XL Price Range: \$\$\$\$\$ Comments: FIRSTFIGS for 15% off. Very easy website to navigate. wearfigs.com

Mark's Work Warehouse Selection: 3.3/5 Sizes: XXS-XXL Price Range: \$\$-\$\$\$ Comments: They give you a "Scrub Club" punch card where if you buy 5 different scrub pieces, you get a sixth free.

JD Uniforms Selection: 4.7/5 Sizes: XS-5XL Price Range: \$\$-\$\$\$\$ Comments: They have a great selection. They can also order specific scrub styles and colours in if they don't have it in store!

Garde-Malade Selection: 5/5 Sizes: XXS-3XL Price Range: \$\$\$-\$\$\$\$ Comments: Canadian made! True to size. Really comfy and different styles. garde-malade.ca

Mediclo Selection: 4/5 Sizes: XXS-XXL Price Range: \$\$\$-\$\$\$\$ Comments: Environmentally conscious. Sustainable Scrubs. Medical clothing for positive change.

Amazon Selection: 3/5 Sizes: XXS-3XL Price Range: \$\$-\$\$\$ Comments: Good variety. Walmart Selection: 2.5/5 Sizes: XS-XXL Price Range: \$\$-\$\$ Comments: Great for a first pair, however not as comfy as other places.

Check your email frequently. We are still finalizing some of our plans for this year, and we will let you all know when we have events coming up, or opportunities for intramural sports. In the meantime, join our Facebook group, and our Instagram to keep in the know:



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