

THE

IRON WARRIOR

F2025 Issue 1



MEET THE TEAM

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Letter From the Editor: A Welcome & An Introduction

Julia Suljak, 4A Chemical

Hi readers, or more specifically, hi first years!

As this is our yearly OWeek issue, I wanted to take a moment to welcome all of you first years to Waterloo! This issue has been prepared to go along with all the events happening this OWeek. I encourage you to get out there and enjoy it as much as you can. As someone who didn't have a real OWeek due to the pandemic, it's nice to see all the first years at the events I never got to do myself... and is all the more reason why I encourage you to go.

Now, you're probably wondering: What am I reading? Valid question. This is the Iron Warrior, the Engineering student newspaper! You can find our issues on racks across the Engineering buildings and libraries, or on our website. We meet once a week in DWE 3520A/on Discord. We will be at the club fair on September 4th from 3-5pm in E7 if you'd like to come ask us any questions or are interested in joining us, and our website and social media are in the Table of Contents as well as on the back cover if you'd like to check us out.

When first years come up to our booth at the club fair and get disappointed that we aren't a design team, something they often say to us if they're not sure about joining is, "but I don't really like writing." To that I say, you don't necessarily have to write (although, if you do like writing, you should consider joining too)! We're a team of writers, editors, photographers, and artists with content including articles, Instagram Reels, puzzles,

comics, and more. And we're always looking to grow our team! We're a mix of engineers from different years and programs, and a few non-engineers as well.

In the spirit of OWeek, I'd like to take the rest of this letter to share my own experience of how I came to join the Iron Warrior. Not because it's anything particularly noteworthy, but because I like to think someone out there might be able to relate.

I will be the first to admit that I'm not particularly outgoing, nor am I the most comfortable in large groups or when public speaking. Because of this, among other things, I barely spoke to anyone for most of 1A, specifically at the start. As I mentioned, there was no in-person OWeek in 2021, but they did have a "virtual club fair," so I looked over the list of engineering teams and clubs. I wanted to join something that would give me a break from school and allow me to do something I enjoyed; I saw there was a newspaper and thought, why not try it? I had never posted anything I had written before, but I always liked writing.

At the time, everything was online - it was the pandemic, after all. When I went to a meeting for the first time, the team was extremely welcoming and willing to hear my ideas. Since then, I've written a bunch of articles, learned how to copy edit, been editor-in-chief once (twice, including this term), seen the newspaper get back into printing post-pandemic, and seen the team grow. And I'm glad I've stuck with it all the way. It really has been a place for me to take a break and do a hobby I enjoy, just as I wanted to when I was looking for clubs in first year.

I guess I like to think that maybe there's a first year out there who feels the way I did and is looking for something similar to join.

So, while we may not build race cars or robots, if you're looking for something to do related to writing or any other creative form of content, consider joining us! And if not, hopefully you'll enjoy picking up our issues off the racks and reading what our team puts together!

Welcome to Waterloo and enjoy your OWeek!

~ Julia (Editor-In-Chief)

THE IRON WARRIOR

Fall 2025

**Meetings: Mondays @ 6pm,
DWE 3520A**

FIRST MEETING: Monday September 8th

Looking for:

- Writers
- Artists
- Editors
- Photographers
- Social Media Creators
- Puzzle Makers

Join our Discord server via link in our bio!

Welcome to “Once Upon an OWeek”!

Incoming first years – welcome to the University of Waterloo Engineering faculty! You are the class of 2030, an objectively good graduating year number, which can only mean you’ve got great things in store at Waterloo!

To kick it all off, get ready to be taken to a land far, far away for this Orientation Week with our theme “Once Upon An OWeek”. Whether you’ll be on Team Snow White, Smurfs or the Tooth Fairy, we’re so excited to see you at the start of September. Throughout OWeek, you’ll have the opportunity to meet other first-year students, get advice from upper-year students in your program and participate in a ton of fun activities, all meant to get you ready to join the UW Engineering Community. We are so happy to have you here!

In just a couple of weeks, you’ll be on campus earning your yellow hard hat, competing for colour team points and exploring what first-year has to offer. We’ll kick things off on Monday September 1st, with a full day of programming and continue through Tuesday before classes start on Wednesday, but the fun won’t stop there with events continuing until Saturday September 6th. There are plenty of surprises in store, and you can make the most of your time during OWeek by checking your calendar on Portal, which includes event descriptions for everything you can participate in!

With all the excitement of OWeek, it can be hard to believe that classes and co-op are just around the corner as well. It can be very overwhelming to start this new chapter and transition into University, but the upper-year volunteers at OWeek are all here to help you along the way. This is a time of big change, but also incredible opportunities! Be kind to yourselves and remember that no one expects you to have it all figured out. Through “Once Upon An OWeek”, we’ll kickoff the start of your fairytale University experience (hopefully minus the dragons and evil queens)... see you at the beginning of September!

SuperHuges Jack & Kate

Message from HEADCOM!



Listen up, Frosh!

You have a lot to learn and a short time to do it in, so pay attention. We are your HEADCOM. We control EdCom and OWeek. Make no mistake about it - you have one job this week: IMPRESS EDCOM. We cannot stress this enough to you.

EDCOM is the Education Committee. We are a special group of senior students hand-picked by the Dean of Engineering from the top 2% of each discipline. We are the best and the brightest Waterloo has to offer, meaning we are the best and the brightest, period. We also participate actively in the Engineering Society, WEEF, and in the many student teams you will learn about on Thursday. We are everywhere. We do everything. We know everything. We are the authority on everything in Waterloo Engineering. We are not easily impressed, and we are always watching.

We are the ones that will award you your hard hat when you earn it, meaning we are the ones who decide whether or not you are a plumber; a true Waterloo Engineering student. You will need to show your CREATIVITY, RESILIENCY, and DETERMINATION. Once you have your hard hats, we will be there to watch your ENGINuity during Junkyard Wars, and ScavEng. At the end of the week, we’ll decide the winning team based on everything you have accomplished.

Good luck, Frosh.
We’ll be watching...

How to Make Friends in Uni

Yasmin Abu-Narr, 2A Mechatronics

Making friends is hard, especially when you enter a new stage of your life. It can be intimidating talking to classmates and finding your community, but although friendships in university are very different from high school, I can guarantee you will find your stride eventually. Here are some tips and reminders to make friends and open yourself up to others:

1. Don't always wait for others to make the first move

It feels safer to just wait for someone to approach you first, but that isn't always the best strategy. If you're feeling anxious or stressed, I'm sure most of your other classmates are too. You are away from home for the first time, attending classes, and trying to find your way around campus, so it's a stressful time. Sometimes having the courage to approach others first, even just to ask their name, will make their day and alleviate their stress. Plus, you've got yourself a buddy to walk around campus with now!

2. Don't retreat to your "safe" people all the time

You may know some people from high school or your home town who are also attending the University of Waterloo. While it may be tempting to just stick with them for the first couple months, it is very likely you will miss out on a lot of friendships. The first couple weeks of university are when people are most willing to talk to others and form new friendships, so put yourself out there! Most groups tend to form a couple months in, and while you can still make friendships any time, sometimes it's harder once all the groups have formed.

3. Some friendships don't last and that's okay; there's wisdom in the distance

From my own experience, I had a close friend that I met during orientation, and I stuck with her for quite a while, like we did EVERYTHING together. I found later on that I felt stuck in that friendship, and our personalities were starting to clash. I still appreciate her and enjoy her company from time to time, but we have both distanced ourselves and focused on different people in our lives. THAT'S OKAY!!! You may not find your people during orientation, or even during first year, and that is totally fine. Give yourself time. Also, because of the structure of engineering at UWaterloo, you will stick with your cohort the whole five years. This means that, unfortunately, most of the people you will meet during orientation, you will only see in passing later on.

4. It's okay to be alone

To me, I have always associated being alone to being a loser. In the past, I would hang out with unkind people whose values I didn't associate with, just to avoid being alone. Please don't do that. You will exhaust yourself trying to fit in with people who will never understand you, and that's not fair. It's okay to be alone, and to spend time by yourself. Go eat lunch on your own, visit that library on your own, explore campus on your own. It may seem scary at first (even I still feel awkward being alone sometimes), but eventually it will get better and you will enjoy your own company so much that you won't let yourself be around toxic people just to avoid being alone.

5. It will take time to form strong bonds

Movies and TV are deceiving. They depict these characters that form friendships on their first day of class and stick together to the end; real life is not like that. You have to put time and effort into the friendships around you, and it will ultimately need to be a matter of time before you have someone you can call your best friend.

6. Get close with the people in your cohort

These are the people you will be sticking with for all five years. You will have all your classes, labs, and exams together, so get close with them and by the end of your academic career here at UWaterloo, you will have formed life-long bonds.

7. Enjoy yourself!!

Being yourself and enjoying your experience will only attract more awesome friendships. You've made it this far, so be authentic, and enjoy all that UWaterloo has to offer! Have fun at orientation!



Photo Credits: Maria Chen. Spongebob and Patrick being besties. Quotes Gram. <http://quotesgram.com/spongebob-and-patrick-friendship-quotes/>

ChatGPT Can't Save You - Here's What Can

Jeremy Bijoux, 1T Chemical

Hello First Years! Welcome to the University of Waterloo! This new chapter is filled with new adventures, new people, a new environment, and dealing with classes either easy, manageable or super hard.

How AI can suck

First, though, we need to discuss the machine in the room. While AI is of great help in some cases... it's unreliable (and there's always the danger of academic violations!).

ChatGPT, Copilot and other AIs are known to make mistakes -- very dumb ones even. In one of the first lectures of CHE180, our professor Marc Aucoin showed us how he tried to use ChatGPT to look up the density of a potato, and how it would keep believing the value it found was correct until he pointed out it was wrong. Though you might brush this off and call these minor errors one-offs, using these AIs over time will lead you to realize just how often they can be wrong and lead you down the wrong path, wasting valuable time.

Speaking of which, if you're an frequent AI user, you've probably noticed how good it can be at hyping you up. **This is especially troublesome if you're wrong**, since the AI will encourage you to pursue your idea and even solve the problem with your incorrect method, confirming your answer and boosting your confirmation bias. Nobody likes restarting a problem from scratch, but that could be the reality when an AI tricks you into thinking you're right, only to find out you are wrong and still not knowing why.

Personally, in my 1A, I would sometimes rely on Copilot to check my answers, which would lead to one of 2 scenarios:

1. Copilot would get a different answer than I did because it did something wrong in its problem solving. I would spend 5-10 minutes doing the problem with it and

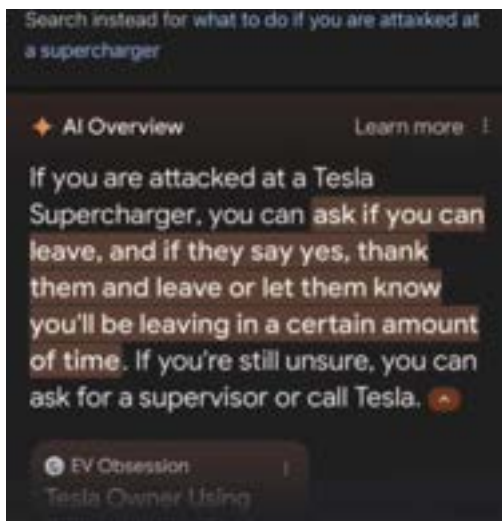


Photo Credits: "what to do if you are attacked at a supercharger." Reddit.
<https://www.thecooldown.com/green-business/tesla-supercharger-ai-weird-encounter-reddit/>

upper-year students. WEEF TAs know their stuff, so if you ever have a question, pop by their office and they should be able to answer it.

I don't know if this still works, but WEEF TAs can apparently be reached live on Microsoft Teams, (details on <https://uwaterloo.ca/engineering/undergraduate-students/first-year>). For those of you who don't want to run around campus, this is a good alternative, non?

1. correcting it along the way, ultimately proving I had the correct answer all along (especially frequent for multiple choice questions).
2. Copilot would get an answer, and I would point out that its solution is wrong (suggestion based on incorrect logic I used in my problem solving). It would then agree with me, making me believe that my logic was correct, and when I would check my work, my answer would be wrong, causing me to panic until a friend or professor would point out the mistake in my logic.

Resources on Campus

Yeah... I quickly decided to stop relying on Copilot. Luckily, there are more reliable academic resources on campus that I would recommend visiting -- and will most likely be of equal or better help than AI.

1. WEEF TA Office

Located in E2 1786 and open between 8:30am and 6:30pm on weekdays, this office is where you'll find First-Year Engineering Tutors (commonly called WEEF TAs). As the name implies, they are tutors offering help for almost all the courses taken by first-year Engineering students. If you ever have a question or need help on an assignment, I recommend this office as one of the first places to visit. Me personally, I didn't go there too often since I found 1A classes manageable enough. But for my friends who did go almost all the time, it was a great way to get help on assignments, vent about classes being hard, and get advice from

2. Professors and Graduate Teaching Assistants

When you're stuck, and your classmates can't help you, going to the people at the top is often the best approach to getting your questions well answered (especially when trying to understand very vague or unclear questions, of which you will encounter A LOT). Luckily, TAs and Professors have accessible office hours that you can just walk in (or book an appointment) to have your questions quickly answered. CHE102, for example, even had MULTIPLE Grad TAs, so there was always a TA available at a convenient time.

Even if you struggle to word your questions, or don't have any, I encourage you to visit office hours to get to know your professors and their expectations; you may even get special tips and advice!

3. Your friends/classmates

Never underestimate your classmates! I believe everyone who gets into UW has to be smart, so if you don't understand something in one of your classes, you can always count on other people to either understand that topic... or be just as lost as you. You're never alone! If you want fast, tailored answers to your questions, asking your class or friends may be the way to go. In fact, if you have a question, I guarantee other people have the same question -- and it won't be long before someone either presents an answer from a WEEF TA, Grad TA or Professor, or figures it out and shares the strategy with everyone.

Furthermore, if you have a question, and are too shy to ask it in class, get the people who usually answer/ask questions in class to ask your question for you! Asking questions to your classmates may be one of the best ways to meet new people... or you have Marc Aucoin for CHE180, and he practically forces you to find a friend group by Week 2.

And there are many more resources like the Physics Tutorial Center in PHY 308, the Mates program, academic advisors and the Student Success Office (SSO), all of which you will learn about in GENE119. However, if you're the type of person who dislikes walking all around campus to get help, or still believe staying at home and relying on AI is more effective, know that you can always stop by SLC, a Tims or a CnD on your way (if the line's not too long). USE THAT MEAL PLAN MONEY!!!!

P-S: Another reward of wandering campus is finding me! (Though I'm not too hard to find; I should be in the WEEF TA office all day.)



Who Is Martha? Martha Speaks Vol. 6

Martha Speaks, 4A Endless Wisdom

Hello everyone, my name is Martha Speaks and I'm here to make your transition to university easier! What better way than to get life-changing advice than from me, a fellow student? I am currently in my 4A term of Endless Wisdom, so you can consider me a friend, a fellow student who went through what you're going through. For you all to get to know me better and seem less like a stranger, here is a little bit about me! This fall term I'll be taking AHS 105, ENGL 200A, MUSIC 140, PHYS 434, and ECON 101 to finish off my electives. In my spare time I like to go crystal hunting to add new pieces to my collection, practice palm reading, and make vision boards. I've also been reading some new YA releases and attending Pilates classes. Once I graduate, I would love to become a life coach and guide those who cannot find their way by themselves. In the meantime, I run a little lifestyle social media account about my own life. On my account I showcase fashion ideas, cozy games, inspirational messages I find in my life, and world news.

That's enough of that. I am here to answer any questions you may have about school, relationships, personal, and even niche topics. I learned early on in life from Season 7, Episode 3 of *Arthur* that the secret to giving good advice is listening. Starting university can be difficult. You're starting a new chapter in life in a new place, with new people, and there's lots of different opportunities. Maybe you are having trouble adjusting or getting along with your roommates, maybe a group project isn't going

quite right, or maybe you have a personal question you don't have anyone to talk to about. I'm here for you! No judgment, no sass, maybe a little brutal honestly if you need a reality check, and lots of love.

To get you all started for your very first term, here are some tips and tricks to make life a little easier. First off, don't feed the geese! Yes, some of them are very cute and might look like your new best friend, but they aren't. The geese are not your friend, they will kill you, and do you want to be labelled as "death by goose"? Next, don't underestimate sleep. You need it, and, "oh I do sleep, I got 2 hours last night" isn't going to cut it. On the topic of self care, please remember to shower. Even if you're tired and it's late, get up and shower. If not for yourself, do it for other people. You don't want to walk around obliterating people's nostrils; global warming is bad enough, we don't need more air pollution. Your first term will not be perfect but you'll learn a lot, and incorporate these improvements as you go. By second year, you'll be a UW pro!

You can submit all your questions to theironwarrior@gmail.com with the subject line "Dear Martha". You will remain anonymous and I will put a fun name down in place of it.

Sets and Scores: How to Make the Perfect Study Playlist

Spruha Khadilkar, 1T Chemical



Like any other student, when I study, I study hard. When I'm getting ready for exams, I am locked up in the library for hours on end, listening to my extremely well-thought-out study playlist, and unlocking my full studying potential. I've had mixed reactions to my playlists, since many people can't seem to understand why I listen to what I do. To give you some understanding of how I study, I'll tell you what was in my most recent study playlist. I listened to "Test Drive" from How to Train Your Dragon, "Cornfield Chase" from Interstellar, and "Main Title" from The Queen's Gambit on repeat for hours on end.

I swear there's a method to my madness. At some point, I realized that I look forward to listening to new songs, and I get distracted listening to what will come up on my playlist next. In order to concentrate, I can't be surprised by what I'll be listening to next. I also like listening to scores rather than songs because lyrics tend to be distracting for me. I understand that this method doesn't work for everyone, since everyone studies in different ways. For this reason, I thought I would provide some suggestions for making the perfect study playlist curated towards you.

UNDERSTAND HOW YOU CONCENTRATE

Study playlists are meant to help you concentrate to your full potential, which means they are highly curated to the person listening to it. The best way to figure out what makes you concentrate is to find what distracts you, and choose songs that oppose that. Many people find lyrics distracting, so they choose to include songs in their playlist that either don't have any lyrics (like a movie score, which is what I use personally), or a song that is in a language you don't understand.

Madeline Chung, a 1T Chemical Engineering student, studies to DJ sets on YouTube. Some of her favourites

are the Charli XCX Boiler Room set (specifically the first one), the Frost Children Lot Radio set, and even a video called "60 Minutes of Deranged Internet Music DJing." Maddy emphasizes, "The thing is that it's constantly changing. I [can't listen] to the same thing for too long."

As for the music itself, Maddy says she needs "loud, distracting beats." A lot of the songs played in the sets she listens to include various songs she enjoys, but the key point that helps her concentrate is the fact that it is constantly changing. "It blocks part of my brain that would otherwise start to wander," Maddy explains. When you are curating your playlist, consider what parts of the music you listen to are actually beneficial to you. In my case, I ignore music if I have already listened to it many times, so repeating the same songs over and over again actually helps.

USE YOUR RESOURCES TO FIND MORE SONGS

We live in an age where social media provides us with an extremely personal algorithm full of recommendations it thinks we will like. Not only do music apps like Spotify and Apple Music recommend songs for you based on what you tend to listen to, but you can find things on social media as well. I can't even begin to count how many times I heard a song on TikTok that I found calming, and decided to add it to the playlist.

Maddy follows a similar principle, using the recommendations given to her by the YouTube algorithm. She explains the steps she takes every day, "I go to my Youtube homepage. Because I listen to these DJ sets so often, there ought to be at least one new one on my homepage. I listen to it, and if I don't like it, then there's always my [usual] sets on the sidebar." She even goes through the Boiler Room channel, and similar channels, to find new sets. Once a set has been deemed perfect, she adds it to her regular list.

CONSIDER MAKING MULTIPLE PLAYLISTS

Sometimes you're just not in the mood to work, or maybe you feel like listening to a different genre of songs than usual. It's helpful to make a few playlists that work for whatever environment you find yourself in and the mood you're in. For example, if I'm studying in a loud place, I'll choose louder songs to help me drown out the noise. If I really need to focus on nothing but studying, I will use my extreme, repetitive, movie soundtrack playlist.

Another reason I chose the exact combination of three pieces in my playlist is because of the vibe each of them have. "Test Drive" is motivating, and unconsciously makes me write faster and focus harder. "Cornfield Chase" starts off quieter than "Test Drive", and slowly transitions to a higher surge of music. It's the perfect transition into "Main Title", which I could only describe as stressful. When I hear the harsh strings in that piece, I know it's time to work hard. When the playlist loops back to "Test Drive", I feel a sense of accomplishment, which helps me continue studying.

What helped Maddy adapt her playlist was developing a routine with her studying. She's been listening to the Charli XCX PARTYGIRL set since high school, so it is virtually impossible for her to not study while listening to it. "I feel like I've 'Pavloved' myself. When I hear those sirens at the beginning of the video, I know it's time to lock in."

I know so many people who have a wide range of quirky playlists that work for them. As you begin a new term and get ready to study, take the time to understand what you need to listen to while studying to unlock your full potential. Don't be afraid to test out new playlists and songs, and once you find what works, stick to it and get studying!

Professor of Peril

Amara Damji, 3N Global Business Digital Arts



Eng Day 2025!

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SUDOKU

#2025-14

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SUDOKU

#2025-15

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SUDOKU

#2025-16



Photo submitted by: Spruha Khaldilkar (CHE '29)

Eng Prof Quotes!

Did your prof say something funny? Share it with us for a chance to have their quote featured in the next issue!



To submit, use this QR code or go on our website
<https://iwarrior.uwaterloo.ca/>

THE IRON WARRIOR

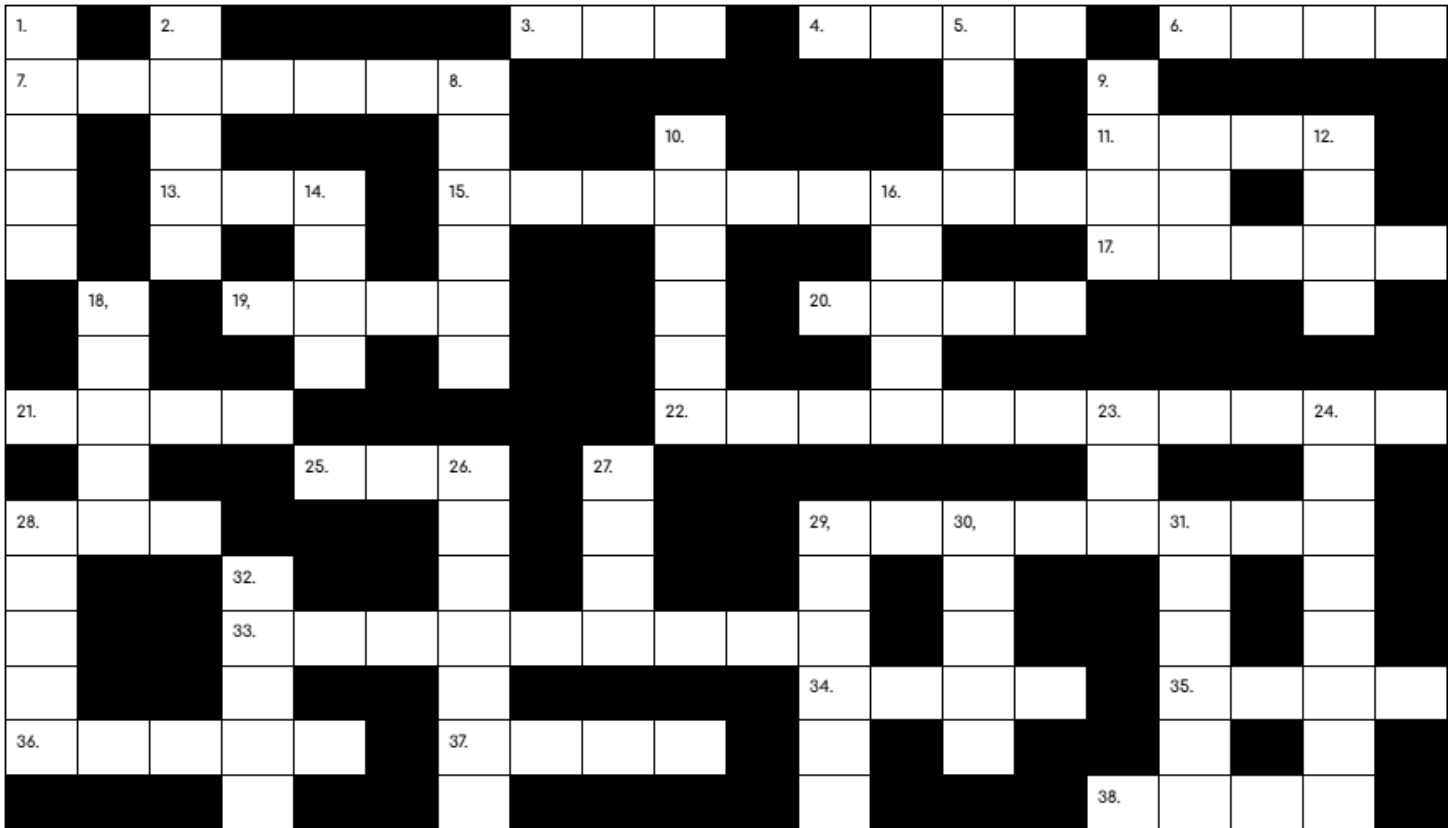
O-WEEK PHOTO CONTEST

Send us your best O-Week photos for a chance to be featured in the next Iron Warrior issue!

How to Submit:
 Email theironwarrior@gmail.com or
 DM us [@theironwarrior_uw](https://www.instagram.com/theironwarrior_uw)

Deadline: September 12, 2025

F25I1 Crossword



Across

3. A color stain
4. A cylindrical tube
6. A 60" wrench for example
7. The way to extract contents from books
11. Common grain
13. A sticky black adhesive
15. Your introduction to campus
17. Small ceramic garden people
19. _____ Warrior
20. Disney's Cinderella's dress was sewn by _____
21. A cheaper price
22. A musical event directed at first years, where everyone wears headphones
25. A friend
28. A shiny jewel
29. A student who gets purpled
33. A physical model before building a product
34. The oxidation of metal
35. At the heart of romance movies
36. Casting magic through words
37. Casual talk
38. The outside of an orange or banana

Down

1. _____ Mix
2. Italian noodles
5. Eng Lounge minus 'S'
8. Look down
9. Kiss it
10. Every Waterloo Engineer
12. Rocco's number 1 hater.
14. Not frequently occuring
16. In Wonderland
18. Fire
23. Residence police
24. Rides and games hosted by WUSA in September
26. Competition held by Eng Soc to eat this type of leafy green
27. Over the troll bridge
28. Disney Cinderella's footwear
29. Conservation of _____
30. A scoopy spectral
31. Make your Pokemon stronger
32. Poissoned fruit



Want to join our team?

Come to our meetings! See Discord for info!

LOCATION:

Douglas Wright Engineering (DWE)
Room 3520A & Online



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SLEF