

# TO BE HONEST TBH

## THE MUSICAL

NEW STUDENT ORIENTATION PRODUCTION



2025

WATERLOO UNDERGRADUATE

**WUSA**  
STUDENT ASSOCIATION



UNIVERSITY OF  
**WATERLOO**

READ MORE FOR RESOURCES TO HELP  
YOU WITH YOUR FIRST YEAR AT UW!





## **PREMIERE PERFORMANCES**

WEDNESDAY, AUGUST 27 • 3:00 P.M.

THURSDAY, AUGUST 28 • 3:00 P.M.

FRIDAY, AUGUST 29 • 7:00 P.M.

## **ORIENTATION PERFORMANCES**

MONDAY, SEPTEMBER 1 • 7:00 P.M. & 8:45 P.M.

TUESDAY, SEPTEMBER 2 • 7:00 P.M. & 8:45 P.M.

## **TERRITORIAL ACKNOWLEDGEMENT**

The University of Waterloo acknowledges that much of our work takes place on the traditional territory of the Neutral, Anishinaabeg and Haudenosaunee peoples. Our main campus is situated on the Haldimand Tract, the land granted to the Six Nations that includes six miles on each side of the Grand River. Our active work toward reconciliation takes place across our campuses through research, learning, teaching, and community building, and is centralized within the Office of Indigenous Relations.

# WHAT IS IN THE SHOW?



## UNIVERSITY OF WATERLOO PRODUCERS

Sandra Gibson (she/her), Manager, Health Education and Promotion, Campus Wellness, University of Waterloo  
[sandra.gibson@uwaterloo.ca](mailto:sandra.gibson@uwaterloo.ca)

Becky Wroe (she/her), Orientation & Member Transitions Manager, Waterloo Undergraduate Student Association  
[rlwroe@uwaterloo.ca](mailto:rlwroe@uwaterloo.ca)





### **Paula Bornacelli (she/her) as Jessica**

Paula Bornacelli (she/her) is a recent UWaterloo graduate earning a bachelors of arts studying Theatre and Performance, Arts and Business, and minor in Communication Studies. With Paula's most recent acting credit in UWaterloo's Theatre department: Upstart 2025 - Utopia, she is excited to return to TBH for the second time as a performer. Paula would like to thank her family and friends for supporting her journey in the arts and thank Amanda Kind for her insurmountable work and support on the show since 2022.



### **Rowyn Grenier (she/her) as Grace**

Hey Warriors! Rowyn Grenier (she/her) is grateful to have the opportunity to share this story with you today. She is a fourth year music student at Laurier, and former graduate of RCPA in Toronto, with a passion for singing and storytelling. Whether you relate to Grace or have a Grace in your life, Rowyn hopes she can make you laugh and empathize with this first year. Rowyn would like to thank the entire Cast and Creative team for integrating her into the show with compassion and enthusiasm! Please laugh, clap, cry, cheer along and enjoy TBH!



### **Arelia Iorgulescu (she/her) as Akasha**

Arelia Iorgulescu (she/her) is in term 2A of Science and Business and is so glad to be one of the TBH cast members this year! She has been pretty involved with SBSA (Science and Business Student Association), and she's looking forward to seeing all the new and familiar faces at the shows!!



### **Zoe Kwong (she/her) as Heather**

Zoe Kwong (she/her/they) is in SYDE (Systems Design Engineering) and just finished her first year here at UW! She's been involved in Concert Band as a percussionist and in the Musical Interdudes Acapella group, but this is her first experience with a full musical production :D Encouraging everyone to keep a good work-life balance, she hopes you all explore the clubs here, like UWHipHop, Rock Climbing, and even Cheese Club! Zoe wishes everyone a great year, and to have fun / don't stress too much!!



### **Linus Ma (he/him) as Curtis**

Linus Ma (He/ Him) will be going into his fourth year of university as an Honours Arts Co-op double major in Psychology and Theatre & Performance. This is Linus' first proper musical after starting his singing journey earlier this year, and he is very excited to play Curtis! He has performed in straight plays such as Romeo & Juliet (KWLTL) and Portia's Julius Caesar (UW).



### **Kylie McCracken (they/them) as Sam**

Kylie McCracken (she/her) is a 4th year student studying Environment, Resources and Sustainability! During her time at Waterloo she has had the chance to be a part of many acapella teams through the UW Acapella Club (Shoutout Waterboys!!) This is her first time being involved in TBH but can't wait for everyone to see this amazing show, and a big thank you to the amazing cast and crew who made this show all come together!! <3



### **Phoenix Rogoz (any pronouns) as Dani**

Phoenix Rogoz (any pronouns) is an Honours Arts Co-op student entering their fourth year at UWaterloo, majoring in Psychology and minoring in Anthropology. Prior to university, Phoenix found their place on the stage in various choirs, middle & high school productions and improv competitions. Phoenix performed in TBH in 2023 and is very excited to be returning to the role of Dani!



### **Cohen van Zuilen (he/him) as Nick**

Cohen van Zuilen (he/him) is a 2nd year student in the Geography and Aviation program. He is currently working towards his Private Pilot's License as well as a degree in Environmental Studies. This is his first professional acting performance but was a member of KW Glee in years prior. He'd like to thank Amanda Kind (director) for inviting him to tryout and is excited to be in this year's rendition of TBH.

## **CREATIVE CREDITS**

Amanda Kind (she/her) - Director & Lead Script Writer

Monica Durlak (she/her) - Assistant Director & Stage Manager

Paula Bornacelli (she/her) - Dance Captain & Marketing Coordinator

Fiona Lehmann (she/her) - Choreographer

Carlos Fernandez (he/him) - Technical Coordinator

Katie Hickey (she/they) - Lighting Designer

Rafik Alsamkary (he/him) - Sound Designer

Keri Bailey (she/they) - Crew

Jaryn Sunga (he/him) - Apprentice Stage Manager

Sam Hillifer (he/him) & Noah Stolee (he/him) - TBH Interludes

Garret Titus (he/him) - Script Consultant

Areebah Akhtar (she/her) & Cece Ndiwa (she/her) - Photographers, WUSA

Miho Nagayama (she/her) - Creative Lead, WUSA

Sonia Tessaro (she/her) - Marketing Specialist, WUSA

# DIRECTOR'S NOTES

Welcome to TBH: To Be Honest - The Musical! We're so glad you're here. Starting university is a wild ride - new place, new people, new pressures. Between figuring out friendships, navigating academics, building relationships, and managing the demands of expectations (your own and everyone else's), it can feel overwhelming. TBH dives into all of that with heart, humour, and honesty to help first-year students feel seen, supported, and set up for success.



The show explores experiences that are totally normal but often not talked about because they can be awkward, uncomfortable, or just plain hard. We touch on big feelings: anxiety of moving away from home, trying to make friends, feeling unprepared or unworthy, dealing with academic stress, and figuring out who you are in the middle of all of it. It's a lot, but you can do it.

And the best part? It's a musical - so we tackle all this real-life stuff with awesome songs, high-energy dancing, and a whole lot of fun.

Each year, we work with an incredible team of student performers, campus groups, and university departments to make sure the show reflects a range of perspectives and stays relevant to the real lives of today's students. Our goal is for every audience member to walk away feeling a little more connected, a little more empowered, and a little more ready to make the most of their university experience.

The title song, TBH: To Be Honest, kicks off the show and gives voice to the hopes, fears, and uncertainties that come with starting something new. The original cast and I created the lyrics together through open conversation. We pulled out words and phrases that captured how it really feels to step into the unknown for the first time at university, and from that, the music and the show began to take shape.

Last year, we were honoured to receive the prestigious Innovative Program Award from NODA Region VII. NODA is the Association for Orientation, Transition, and Retention in Higher Education and Region VII includes institutions in Ontario, Indiana, Michigan, and Ohio). We are proud to have this show recognized for its impact.



*Thanks so much for joining us! We hope you laugh, learn, and have a little fun along the way. Instead of sitting through a PowerPoint packed with slides, we are going to entertain you while helping you get to know UWaterloo a little better. If you take just one thing from this show, let it be this: You belong here, and support is always available. You might not remember every department, support network or campus club we mention in this show, but remember to reach out when you need help. We're here to help you thrive. Enjoy the show ... Go Warriors!*

*Amanda Kind*

Amanda Kind, TBH Director & Script Writer  
UW Alumni, Honours BA, 2006

### **Amanda Kind (Director)**

Amanda Kind (she/her) is a singer, songwriter, actor, director, and voice teacher (commercial music, musical theatre). She is a proud alumna of University of Waterloo and Conrad Grebel University. Director credits: TBH, Rent, Spring Awakening, Broadway Our Way, and more. Performer credits: Drowsy Chaperone (Drowsy), Into The Woods (Witch), Masterclass (Sophie), Death of a Salesman (Woman from Boston), Anne of Green Gables (Miss Stacey), Annie (Miss Hannigan), The Telephone (Lucy), and more. As a teacher, Amanda works with professional singers, indie artists, and aspiring young performers in many genres. She teaches commercial voice at Wilfrid Laurier University and is the Artistic Director of Pop Nation Canada. Her work in the arts community has garnered her a Waterloo Region Arts Award, the Rogers Television Woman of the Year Award, and recognition as one of the region's Top 40 Under 40. Amanda has recorded and released many songs including Slow Dance (#1 on SiriusXM Top of the Country), "Another Round" with James Downham, and many more. She is half of the CMA Ontario-nominated country duo Amanda & James. Learn more about her at [AmandaKind.com](http://AmandaKind.com) or [AmandaAndJamesMusic.com](http://AmandaAndJamesMusic.com).





# TBH: TO BE HONEST LYRICS

## Verse 1

Everything feels like it's moving  
so fast  
Can't keep up but I can't go back  
Away from my family  
For the first time  
One my own, leaving home  
Hope I get it right

## Pre-Chorus

Who am I?  
Who do they want me to be?  
Who am I?  
Do I even know me?

## Chorus

To be honest, I don't know  
Exactly how this is gonna go  
To be honest, I'm a bit of a mess  
I don't have it figured out just yet  
But I'm trying, redefining  
Stumbling to find my way  
To be honest, I'm afraid  
Hope everything'll be okay  
TBH

## Bridge

Excited, nervous, feeling the  
pressure, can I keep it together?  
Where am I going?  
Feel like I should know this.  
Am I good enough?  
I wanna be good enough.

## Chorus

To be honest, I don't know  
Exactly how this is gonna go  
To be honest, I'm a bit of a mess  
I don't have it figured out just yet  
But I'm trying, redefining  
Stumbling to find my way  
To be honest, I'm afraid  
Hope everything'll be okay  
TBH

Listen and download the original  
'TBH: To Be Honest' song at:



Spotify



MUSIC



**BE KIND TO  
YOURSELF  
AND OTHERS**

**EMBRACE YOUR  
AUTHENTIC SELF**

**TAKE PRIDE IN  
YOUR PROGRESS**



scan for Be You info

Be **YOU**  
at Waterloo



UNIVERSITY OF  
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Campus Wellness



# CAMPUS RESOURCES

## CAMPUS WELLNESS

[uwaterloo.ca/campus-wellness/](http://uwaterloo.ca/campus-wellness/)

## ACCESSABILITY SERVICES

[uwaterloo.ca/accessability-services](http://uwaterloo.ca/accessability-services)

## EQUITY, DIVERSITY, INCLUSION & ANTI-RACISM (EDI-R)

[uwaterloo.ca/equity-diversity-inclusion-anti-racism](http://uwaterloo.ca/equity-diversity-inclusion-anti-racism)

## INDIGENOUS RELATIONS

[uwaterloo.ca/indigenous](http://uwaterloo.ca/indigenous)

## SEXUAL VIOLENCE PREVENTION & RESPONSE OFFICE

[uwaterloo.ca/sexual-violence-prevention-response-office](http://uwaterloo.ca/sexual-violence-prevention-response-office)

## ATHLETICS AND RECREATION

[athletics.uwaterloo.ca](http://athletics.uwaterloo.ca)

## CAMPUS HOUSING

[uwaterloo.ca/campus-housing](http://uwaterloo.ca/campus-housing)

## MULTI-FAITH AND SPIRITUALITY RESOURCE TEAM

[uwaterloo.ca/multi-faith-spirituality-resource-team](http://uwaterloo.ca/multi-faith-spirituality-resource-team)

## WATERLOO UNDERGRADUATE STUDENT ASSOCIATION (WUSA)

[wusa.ca](http://wusa.ca)

## STUDENT SUCCESS OFFICE

[uwaterloo.ca/student-success](http://uwaterloo.ca/student-success)

## THE CENTRE

[uwaterloo.ca/the-centre](http://uwaterloo.ca/the-centre)

## INTERNATIONAL EXPERIENCE CENTRE

[uwaterloo.ca/international-experience](http://uwaterloo.ca/international-experience)

## CENTRE FOR CAREER DEVELOPMENT

[uwaterloo.ca/career-development](http://uwaterloo.ca/career-development)

## OFFICE OF ACADEMIC INTEGRITY

[uwaterloo.ca/academic-integrity](http://uwaterloo.ca/academic-integrity)

## SUSTAINABILITY OFFICE

[uwaterloo.ca/sustainability](http://uwaterloo.ca/sustainability)





# WELLNESS PROGRAMS AND STUDENT GROUPS

[uwaterloo.ca/campus-wellness/events](http://uwaterloo.ca/campus-wellness/events)

## BLACK STUDENT WELLNESS

- Black Student Mixer
- Let's Talk Dating: A Forum on Black Love, Boundaries, and Relationships
- Hair Care Plus

## ASIAN STUDENT WELLNESS

- South Asian Music Night
- South Asian Movie Night
- East Asian Movie night: A Cinematic Journey from Heart to Mind
- Mid-autumn Festival Celebrationoup

## INDIGENOUS STUDENT WELLNESS

- Find the Warrior in You
- Food is Medicine
- Spirits of Fur, Feather, and Fin storytelling series

## GRAD STUDENT WELLNESS

- QTWELL
- Grad Space
- Lunch Out Loud

## MIND AND BODY WELLNESS

- NeuroMinds
- Mind Body Run
- Daughters of Immigrant Parents
- Menstrual Health & Equity Support Group
- CannaCare: Cannabis Harm Reduction Workshop
- Unhooking from Anxiety Wellness Group



UNIVERSITY OF  
**WATERLOO**

Campus Wellness



# **Join the Office of Indigenous Relations for...**



**National Day for Truth and  
Reconciliation walk September 30th**

**22<sup>nd</sup> Annual Pow Wow  
September 27th**



— OFFICE OF —  
**Indigenous  
Relations**

WATERLOO UNDERGRADUATE

# WUSA

STUDENT ASSOCIATION

@yourwusa



Curious about WUSA?

A pocketbook in your  
Orientation kit has  
all the inside scoop  
—go check it out!



[wusa.ca](http://wusa.ca)



# Student-Run Services

From  
**WUZA**



Peer support service for undergraduate students.



Serves to address racism and xenophobia on the Waterloo campus through education and advocacy, peer support, and community building.



Aims to provide a supportive environment on campus for all women and trans\* folks.

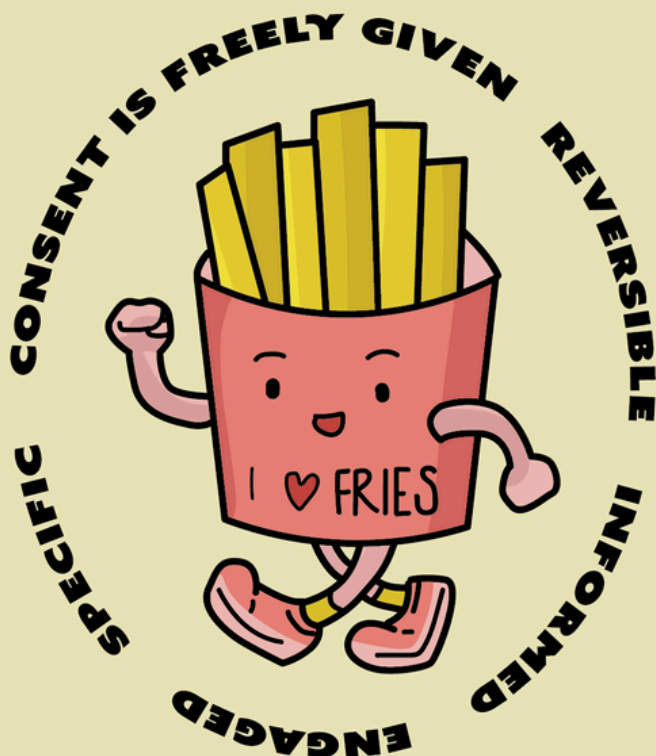


Promotes a healthy attitude towards all sexual orientations and gender identities & provides a wide variety of peer support, social events, advocacy work, and resources.



Visit [wusa.ca/services](https://wusa.ca/services) for all the details

# F.R.I.E.S. FOR FRIES



**Stay informed. Stay respectful.**

For more information, you can visit:



[uwaterloo.ca/sexual-violence-  
prevention-response-  
office/get-involved/  
consent-week](https://uwaterloo.ca/sexual-violence-prevention-response-office/get-involved/consent-week)



[wusa.ca/reclaim-  
the-red-zone/](https://wusa.ca/reclaim-the-red-zone/)

# Consent Is:

## F - Freely Given

Provided without pressure, manipulation, or threats. It's your choice.

**Example:** You agree to go out with friends because you want to, not because you feel obligated, pressured or forced. If you say no they respect this the first time you say it.

## R - Reversible

You have the right to change your mind at any time, and so do others.

**Example:** You agree to share a ride with someone, but if you start feeling uncomfortable, you can ask to get out at any point.

## I - Informed

You have all the information needed to make an educated decision. Everyone involved knows what they are consenting to.

**Example:** If you're asked to take on a new responsibility at work, you should be provided all the information about the task.

## E - Engaged

Involves active participation and communication. Everyone involved should be fully present and responsive in the decision-making process.

**Example:** During a group project, everyone shares their ideas and agrees on the plan together, making sure everyone is involved and comfortable with the direction.

## S - Specific

Consent is specific to each situation. Agreeing to one thing does not mean "yes" to other things.

**Example:** Saying "yes" to one type of touch like a kiss does not mean "yes" to other forms of touch such as sex.

## Remember:

Consent isn't just about saying "yes" or "no." It's about **respect, communication**, and ensuring everyone involved feels **safe** and **valued**. Always check in, and do not make assumptions about what others may want or need. **Consent is continuous** and happens everyday with all our interactions.

# No issue is too big or too small

From stress, financial insecurity, nutrition, and more. You can get the support you need, confidentially.

## **Empower Me:**

### **Mental Health Support, Anytime.**

Complements the mental health resources you already have on campus, giving you 24/7 access to professionals who can help.

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to learn more





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686868**



**VISIT: GOOD2TALK.CA**

 **@Good2TalkON**





## "DON'T LET YOUR DRINKING DO YOUR THINKING"

### #PLAN

Plan your drink count and your ride home before your night begins.  
Don't let anyone influence how much alcohol you consume.

### #POUR

Pour and measure your own drinks. It can be easy to overpour.  
Your body needs approx **60-90 min** to process one standard drink.

### #COUNT

Track the number of drinks you consume. Know your own limits.

### #TIME

Limit yourself to **1 drink per hour**. Pace yourself by alternating your drinks with water/juice/pop.

### #BALANCE

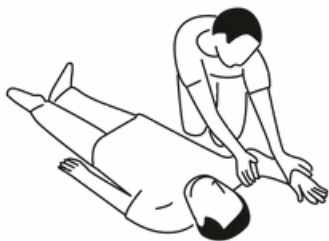
Eat before and while you are drinking. Remember you can't chase a night out with a pizza. The alcohol has already been absorbed.

**IT'S SIMPLE - TIPS:**

[drinksmart.ca/tips](https://drinksmart.ca/tips)  
[@DrinkSmart.ca](https://DrinkSmart.ca)  
[#DrinkSmartTips](https://DrinkSmartTips)

# THE RECOVERY POSITION

1



2



3



4



## **How to move a person into the recovery position:**

1. Kneel beside them and bend the arm closest to you at a right angle, with the hand near their head.
2. Place their other hand (back of hand) against their opposite cheek and hold it there.
3. Lift their far knee so the leg is bent, then pull it toward you to roll them onto their side. Leave the knee bent to keep them stable.
4. Tilt their head back slightly to open the airway. Check for anything blocking their mouth and remove it if safe.
5. Stay with them and keep checking their breathing.



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[askthecentre@uwaterloo.ca](mailto:askthecentre@uwaterloo.ca) • 519-888-4567 ext. 42268

## RESOURCES TO SUPPORT YOU

- Mental health and well-being resources to help you lead a healthy and balanced life.
- Connect with your peers, get involved and build community.
- Access your UWaterloo support system and more!





# GET THE **UWATERLOO SAFETY APP** AND STAY SAFE

[uwaterloo.ca/emergency-notifications](http://uwaterloo.ca/emergency-notifications)



- Instant alerts and updates in a critical situation.
- Know where to go and what to do during an incident.
- Search 'Regroup Mobile' in the app store.

Download the app now:



# PORTAL

[portal.uwaterloo.ca](http://portal.uwaterloo.ca)

## WHAT IS PORTAL?

Portal is the University of Waterloo student digital assistant.

It's a personalized app and website made exclusively for Waterloo students to keep them informed of campus services, events, and news, and to provide tailored academic information in one convenient platform.



Download the UWaterloo Portal app from the App Store and Play Store.

» the road to success is

# paved with integrity



respect

responsibility

trust

fairness

honesty

UNIVERSITY OF  
WATERLOO



# Our Values

At the University  
of Waterloo, we  
*think differently,*  
we *act with purpose,*  
and we *work together.*

[uwaterloo.ca/values](http://uwaterloo.ca/values)

# STUDENT LIFE AND WELLNESS INFORMATION

## @UofWaterloo

Follow University of Waterloo's main Instagram account for multi-faceted information related to students, faculty, alumni, innovation, and more.

## @UWaterlooLife

The official UWaterloo Student Life account. Your one-stop place for important updates, events, and resources!

## @yourWUSA

Run by elected student leaders who advocate for an accessible, affordable, accountable, and high quality post-secondary experience.

# FEEDBACK

Your feedback is an integral part of our show. Please share your thoughts by completing the online feedback form.

