Welcome to our Connections Newsletter

We hope you will find this newsletter informative and a way to stay connected with campus. We have contacted some key areas to provide information for families of Western students. We hope you find this information helpful.

Important Links:
Student Guide 2018-2019:
publications.uwo.ca
First Year / SAO Handbook:
publications.uwo.ca/publications/sao_handbook.html
Office of the Registrar / Student Central:
registrar.uwo.ca
Transition Presentations from SAO:
prezi.com/z1ow6pnii2gp/?utm_campaign=share&utm_medium=copy
Academic Calendar:
westerncalendar.uwo.ca
Fall / Winter Timetable:
studentservices.uwo.ca/secure/timetables/mastertt/ttindex.cfm

The transition to university is challenging, not just for students, but also for families! Here are some tips on how to support your student during this transition period.

Be Prepared for Change. University is a time for growth. Encourage your student to keep an open-mind, and be supportive of new friends, interests, and decisions.

Be Prepared to Support. Listen, validate, and encourage. This may be the first time your student faces academic challenges. Remind your student that he/she will always have your love and support.

Be Prepared for Challenges. From study habits to writing tests, everyone faces challenges. Highlight the help available from peers, professors, and campus services.

Manage Expectations. Discuss what Western expects from him/her, and consider how he/she will meet these expectations. Ask your student how he/she plans to take initiative, respect deadlines, and be an independent learner.

Recommend Helpful Services & Programs. Help your student recognize when he/she needs assistance. Direct him/her to Western’s services. All are confidential and professional, and most are completely free!

Be Prepared for Distance. Your student is gaining independence and learning how to function in “the real world”. Students need space to adjust. Offer advice, but respect that your young adult has to make decisions for himself/herself.

Talk About Finances Openly & Honestly. Students should be aware of their finances, no matter who pays for tuition. Discuss budgets, who pays for...

Continued on page 2

The Student Success Centre
Email: successcentre@uwo.ca | Tel: 519-661-3559 | UCC 210, Western University, London, Ontario
what, and how to manage a credit card. Encourage your student to seek out financial aid and information as needed, especially if money management is a new skill.

**Encourage your Student to Stay Happy, Healthy, & Safe.** A healthy work-life balance is key. Encourage your student to stay active, take advantage of safety services, and reach out to health and wellness resources, if desired. It’s okay to have some “me” time!

**Support New Living Arrangements.** Teach life skills (such as cooking and laundry) before your student leaves home. Encourage healthy relationships with roommates, and talk about effective communication. Passive aggressive sticky notes are not the answer!

**Stay in Touch.** Students appreciate hearing a friendly voice or seeing a familiar face. Schedule a call or video-chat, even if it’s just to say “hi.” Your student probably misses you more than he/she is willing to admit.

---

**Stop throwing your money away on rent!** With 25 years of student housing investment expertise, Call Jason and Monika Now for EXCLUSIVE access the best properties before they are listed.

---

**WELLNESS LINKS AT WESTERN**

- **Wellness Education Centre (WEC)**
  - [wec.uwo.ca](http://wec.uwo.ca)

- **Wellness Calendar**
  - [events.westernu.ca/events/wellness](http://events.westernu.ca/events/wellness)

- **Student Health Services**
  - [health.uwo.ca](http://health.uwo.ca)
  - [uwo.ca/health/services](http://uwo.ca/health/services)
  - [health.uwo.ca/living/index.html](http://health.uwo.ca/living/index.html)
  - [health.uwo.ca/mental_health](http://health.uwo.ca/mental_health)
We know your student will be looking for practical experiences to complement their academic studies, while at Western. Experiential learning activities help students build transferable skills, such as communication, leadership, problem-solving and teamwork. These skills are highly sought after by employers, who often look for resumes that include experiential learning activities (e.g., internship, co-op, volunteering).

The Experiential Learning team at Western provides a comprehensive portfolio of experiential learning programs from which students can choose. Our team works with Faculties to offer credit-bearing experiences, such as 12-16-month paid internships, and Community Engaged Learning courses. We also coordinate a number of co-curricular (outside the classroom) programs, such as the Western Serves Network and Alternative Spring Break.

Students who participate in experiential learning say they feel better prepared to enter the workforce post-graduation. They are more confident in their skillset, they have created a network of professionals in their chosen field, and they have specific examples of projects to provide a prospective employer.

Western wants every student to access an experiential learning opportunity during their degree, and we are currently expanding our offerings to achieve this goal.

Visit experience.uwo.ca or your student’s Faculty website to learn more about specific programs in each discipline.
Here at Western, we encourage all incoming students to get involved. Whether your student is joining a club, a council, a sports team, or volunteering in the greater London community, participating in an extra-curricular activity or two is a great way to meet new people and reduce any stress brought on by the academic challenge. While it is important to recognize that academics should take precedence, a well-balanced lifestyle will enrich your student’s first-year experience and set the bar for years to come.

Western’s Clubs week will help your student gain an understanding of some of the activities which he/she can get involved in. Involvement can be accomplished in many, many ways; a student often just needs to discover his/her own niche!

Students can discover ways to get involved on campus and also track their campus activities through Western’s Co-Curricular Record.

Below are some of the popular links:

| University Students’ Council Clubs     | westernusc.ca/clubs               |
| Residence Involvement                  | rezlife.uwo.ca                    |
| Experiential Learning                   | www.success.uwo.ca/experience     |
| Alternative Spring Break                | asb.uwo.ca                        |
| Leadership and Mentorship Program      | lamp.uwo.ca                       |
| Society of Off Campus Students          | socs.uwo.ca                       |
| Leadership Education                    | lep.uwo.ca                        |
| Western’s Volunteer Program             | wvp.uwo.ca                        |
| Volunteers in Progress                  | vip.uwo.ca                        |
| Student Emergency Response Team         | sert.uwo.ca                       |
| Foot Patrol                             | westernu.ca/footpatrol            |
| Gazette Newspaper                       | westerngazette.ca                 |
| Campus Recreation                       | westernmustangs.ca                |
| CHRW                                   | chrwradio.ca/training             |
| Co-curricular Record                    | myexperience.uwo.ca               |

Stop Throwing Away Your Money On Rent

Western Students put thousands of dollars each year into the pockets of landlords. Jason Sims can help you and your parents save on these expenses by getting you access to exclusive student homes around Western. Email or call me now to find out how.

jason@agentrealtypro.com
Direct 519-640-1900
Agent Realty Pro Inc. Brokerage
Jason Sims, Owner/Broker of Record
TIPS FOR IMPROVING YOUR STUDENT’S TEST PERFORMANCE

ENCOURAGE YOUR STUDENT TO IGNORE THE TEMPTATION TO DO NOTHING OR TO BLAME OTHER PEOPLE

Your student’s best response may be to ignore a problem, which does not help prevent similar difficulties in the future. Blaming roommates for preventing him/her from studying enough or blaming the professor for making the exam too difficult does not help your student either. Instead, encourage your student to move ahead and focus on acquiring skills and strategies to enhance his/her test performance - remind your student he/she is in control.

HELP MEASURE THE MARK: PUT IT IN PERSPECTIVE

Sometimes marks that do not initially meet your student’s own goals are satisfactory when considering the class average on the test. If your student’s mark was at or above the class average, this indicates that he/she still did well compared to other students in the class. It is also a good idea to encourage your student to review the mark distribution for the course: was this test a significant portion of your student’s mark in the course, or was this a relatively small percentage of his/her mark? What marks should he/she strive for in the remaining components of the course to meet his/her goal for the course?

PREPARATION ISSUES: QUANTITY AND QUALITY ARE BOTH IMPORTANT

Ask your student to consider whether he/she gave himself/herself enough time to cover all of the pertinent information for a test. Were there topics that he/she neglected to study? Did your student “skim” some chapters because they seemed boring, too difficult, or because he/she assumed he/she already knew the information? Quality is important too. It’s not very useful to read a textbook or notes if a student is not understanding what he/she is reading or if the concepts are not retained in his/her memory.

RECOMMEND REVIEWING OF TESTS IN DETAIL

Asking your student to look at the questions he/she answered wrong on a test can help him/her figure out why the mark was lost and give him/her ideas about what can be done to improve for the next test. If your student is not given a test paper back, arrangements with the professor can be made to review it. Learning Skills Counsellors review some exams with students as well. Tell your student to email learning@uwo.ca for information about this service.

PROMPT OBSERVING OF COURSE OUTLINES

Most course outlines contain information about the objectives of the course; these give your student ideas about his/her professor’s perspective and about what the professor expects your student to learn. Course outlines also often provide structure to the content that your student is required to learn. Encourage your student to think about each piece of information or concept in the course, relate it back to the topics on the course outline and try to see how the concepts fit together.

LEARNING SKILLS COUNSELLORS AND OTHER CAMPUS HELP RESOURCES

Counsellors who specialize in the area of learning skills can help your student assess his/her exam preparation and writing strategies and can make suggestions for improvement. Also, many faculties have departmental help centres where additional resources and expertise to help your student succeed can be accessed; check your student’s course outline or website for information. Professors and teaching assistants are also available to speak with students about concerns; most have office hours or are available by appointment. learningskills.uwo.ca.

ENVISION SUCCESS!

Pushing your student to adopt a positive attitude will help him/her stay motivated to work on making improvements. Tell your student that he/she can do it, and then encourage him/her to choose some of the options above to help get started. Learning new strategies takes time and effort, but it’s well worth it!
Here is a sample of some of the upcoming events and information weeks happening on campus.

For more events visit events.westernu.ca.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 2 &amp; 3</td>
<td>Move-in Days</td>
</tr>
<tr>
<td>September 3 - 8</td>
<td>Orientation Week: oweek.ca</td>
</tr>
<tr>
<td>September 6</td>
<td>First Day of Classes (Fall Term) Successful Time Management Presentation</td>
</tr>
<tr>
<td>September 7</td>
<td>Preparing for Multiple-choice Tests Presentation</td>
</tr>
<tr>
<td>September 8</td>
<td>Orientation Serves: oserves.uwo.ca</td>
</tr>
<tr>
<td>September 12 - 13</td>
<td>Volunteer Fair, UCC Atrium</td>
</tr>
<tr>
<td>September 13</td>
<td>Enhance Your Note Taking Skills Presentation</td>
</tr>
<tr>
<td>September 17</td>
<td>Peer Assisted Learning (PAL) Centre Re-Opens</td>
</tr>
<tr>
<td>September 17 - 21</td>
<td>University Students’ Council – Clubs Week</td>
</tr>
<tr>
<td>October 2</td>
<td>Western Career Fair, hirewesternu, More info: success.uwo.ca</td>
</tr>
<tr>
<td>October 9 - 12</td>
<td>Fall Reading Week</td>
</tr>
<tr>
<td>October 20</td>
<td>Homecoming Saturday</td>
</tr>
<tr>
<td>January 7</td>
<td>First Day of Classes (Winter Term)</td>
</tr>
<tr>
<td>Ancillary Fees</td>
<td>Ancillary Fees are supplementary costs that are in addition to a principle fee (i.e. an Ancillary Fee may be required for special access to recreational facilities).</td>
</tr>
<tr>
<td>----------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Bursary</td>
<td>A Bursary is a non-repayable grant usually awarded to students based on financial need.</td>
</tr>
<tr>
<td>Convocation</td>
<td>Convocation means a group of people gathered for a ceremony (i.e. Graduation).</td>
</tr>
<tr>
<td>Graduate</td>
<td>A Graduate is a student who has earned a degree. Graduate School refers to a division of the University which offers courses leading to degrees more advanced than the Bachelor’s Degree (i.e. Master’s Degree, PhD Degree).</td>
</tr>
<tr>
<td>Intent to Register</td>
<td>First-year students must complete their Intent to Register by March 31 in their first year of studies. This document indicates their intention to return to Western in September for a second year and declares their intended area of study.</td>
</tr>
<tr>
<td>LAMP</td>
<td>LAMP (Leadership and Mentorship Program) is designed to help first-year students learn leadership skills and, by pairing them with upper-year students, will expose them to a supportive learning community. LAMP is intended to guide new students through their first year of University life.</td>
</tr>
<tr>
<td>LEP</td>
<td>LEP (Leadership Education Program) is a free program offered to undergrads to help them become effective leaders. It consists of a series of workshops. Completion of five workshops in a tier is recognized with a letter of accomplishment.</td>
</tr>
<tr>
<td>O-Week</td>
<td>O-Week is Orientation Week—that week at the beginning of the school year designed to ease transition into life at Western. A variety of programs are scheduled to encourage new students to meet other students, familiarize themselves with the campus, and become comfortable with their new “home.” “Shinerama” (a cystic fibrosis fundraiser) and the “Terry Fox Run” (part of the “Marathon of Hope” event in support of cancer research) are two of the O-Week programs.</td>
</tr>
<tr>
<td>Peer Support Network</td>
<td>The Peer Support Network is a service that provides non-professional support in a variety of areas to students by students. The goal of the service is to provide students with awareness of social issues, support for marginalized groups, advocacy initiatives and volunteer opportunities.</td>
</tr>
<tr>
<td>Post-Degree</td>
<td>Post-Degree refers to that time after a Degree (i.e. Bachelor’s Degree) has been earned. Post-Degree Diploma Programs occur after the first Degree and are often designed to complement an Undergraduate Degree.</td>
</tr>
<tr>
<td>SERT</td>
<td>SERT (Student Emergency Response Team) is a team of Western students brought together by their shared desire to help other people (i.e. in case of emergency and first-aid situations).</td>
</tr>
<tr>
<td>Sophs</td>
<td>Sophs or Sophomores are upper-year students</td>
</tr>
<tr>
<td>Term</td>
<td>Term refers to a set duration of time during which classes take place. For example, in the Fall Term, “First Term” Courses run from September until December; in the Winter Term, “Second Term” Courses run from January until April. Specific dates for each Term can be found in the Student Guide or on the Registrar’s Website (registrar.uwo.ca).</td>
</tr>
<tr>
<td>Transcript</td>
<td>A Transcript is a copy of a student’s academic record that indicates dates, courses, grades, etc. certified by the Registrar with an embossed seal.</td>
</tr>
<tr>
<td>Undergraduate</td>
<td>An Undergraduate is a University student who has not earned a first or Undergraduate Degree (i.e. Bachelor’s Degree). Undergraduate Studies refer to those studies that occur prior to earning/ finishing a first Undergraduate Degree.</td>
</tr>
<tr>
<td>Varsity Teams</td>
<td>Varsity Teams are the principal athletic teams that represent Western and compete against the principal athletic teams from other Universities.</td>
</tr>
<tr>
<td>WERC</td>
<td>WERC is Western’s Employment Resource Centre. It provides students with a chance to receive feedback on a number of career-related documents. Feedback sessions are offered both online and in person.</td>
</tr>
<tr>
<td>Work Study</td>
<td>Work Study is a part-time employment program which allows students to work on campus in flexible environments through Fall, Winter and Summer terms. To qualify for Work Study, students must be Canadian citizens, have a 60% (or more) course load, and demonstrate financial need.</td>
</tr>
<tr>
<td>WTS</td>
<td>WTS (Western Technology Services) is the front-line support for all aspects of computing services at Western. (wts.uwo.ca)</td>
</tr>
</tbody>
</table>
Western offers a variety of opportunities for your student to get involved in campus activities outside of the classroom. Whether your student is passionate about social justice and decides to participate in a community service learning project, is dedicated to healthy living and joins an intramural sports team, or is looking to develop their leadership skills and considers running for a University Students’ Council position, there is something for everyone!

No matter the activity, through their involvement your student can develop and strengthen their skills and competencies in areas such as communication, leadership, social responsibility and more. While at Western, these skills and competencies will help students to thrive in academic studies as they begin to connect classroom learning with real-world experiences. In order to help students get the most out of these experiences and allow them to showcase their involvement, we have developed Western’s Co-Curricular Record.

THE ACADEMIC TRANSCRIPT ONLY TELLS HALF THE STORY.

In addition to supporting your student with their academic success, co-curricular activities can also help students thrive personally and professionally.

We know that engaged students are happier, more balanced, and build strong social connections. We also know that employers and graduate programs are looking for new graduates who are well-rounded, and have a variety of learning experiences – inside and outside the classroom. Translating these experiences in a way that speaks powerfully to what employers and graduate applications want and need is largely connected to future success. Western’s Co-Curricular Record helps provide your student with the language needed to do this.

Western’s Co-Curricular Record is a collaboration between Western University and its affiliated Colleges – Brescia University College, King’s University College and Huron University College. This program allows students to:

• Learn about and plan for all of the out-of-the-classroom activities available to them on campus, in the London community and around the world.
• Gain transferable skills and competencies that allow them to stand out from their peers.
• Reflect on, and identify key learning outcomes gained through their involvement.
• Prepare a personalized and official document showcasing their activities that is validated by staff and faculty members.
• Tailor their record for specific audiences (e.g. job interviews, graduate school applications, volunteer opportunities) in order to complement their academic transcript.

Western’s Co-Curricular Record is a tool that allows students to plan their co-curricular involvement while at Western, develop transferable skills and competencies, and reflect on their experiences. 6 core areas and their associated learning outcomes make up Western’s Co-Curricular Record. For more information on Western’s Co-Curricular Record, please visit myexperience.uwo.ca. If you have any questions regarding the program, please feel free to contact the coordinator at wccr@uwo.ca

STUDENTS SHOULD GET STARTED NOW!

Your Student’s Western Experience is EXTRAORDINARY

The Academic Transcript only tells half the story. Western’s Co-Curricular Record is a tool that allows students to plan their co-curricular involvement while at Western, develop transferable skills and competencies, and reflect on their experiences. 6 core areas and their associated learning outcomes make up Western’s Co-Curricular Record. For more information on Western’s Co-Curricular Record, please visit myexperience.uwo.ca. If you have any questions regarding the program, please feel free to contact the coordinator at wccr@uwo.ca.
O-WEEK 2018
Check oweek.ca for O-Week schedule updates!

SUNDAY
DAYTIME
Move-in: Day 1
EVENING
Residence/Affiliate Events

MONDAY
DAYTIME
Move-in: Day 2
Off-Campus Registration Day
EVENING
Residence/Affiliate Events

TUESDAY
DAYTIME
Residence, Off-Campus & Affiliate Programming
EVENING
Opening Ceremonies Variety Show & Carnival

WEDNESDAY
DAYTIME
Faculty & Affiliate Programming
EVENING
One Love, hosted by Shad

THURSDAY
DAYTIME
Classes begin
EVENING
Pecha Kucha Faculty/Affiliate Programming

FRIDAY
DAYTIME
Class Global Cafe
EVENING
Closing Ceremonies

SATURDAY
DAYTIME
O-Serves Day Football Game
EVENING
Concert on UC Hill Dzeko and Felix Cartal

Open to all students. Confidential, impartial advice and information about University policies and procedures. This office serves graduate and undergraduate students.

Western Student Services Building, Room 3135
519-661-3573 • ombuds@uwo.ca • www.uwo.ca/ombuds

Office of the Ombudsperson