Seeking independence but don’t want to give up the academic and social benefits of living on campus?

Alumni House and London Hall are ideal accommodations for upper-year students, or you can select one of the other seven first-year buildings as your next home.

Pick your building, choose your roommates and reserve your room.

Applications open in early November. First come, first served.
myhousing.uwo.ca/portal

residence.uwo.ca /westernuRezLife #westernuRezLife
Welcome to Western

We are pleased to welcome you to campus and to celebrate a new and challenging period in your life. Western’s faculty, staff and your fellow students share in the excitement as a new academic year begins for all of us.

You have chosen — and been chosen — to join a vibrant learning community, offering programs ranging from broad introductory courses to advanced graduate and professional studies, within an environment which promotes scholarship and academic achievement.

To help guide you through your first few months here at Western, we have put together this Academic Orientation Handbook. We hope this book will be an important resource for you as you begin your university life. The services and programs listed in the handbook are all here to support you reaching your goals at Western.

We are proud of our University, and are pleased that you have made the decision to become a part of the Western Community. We encourage you to ask questions and get involved and we look forward to getting to know you while you are studying here at Western.

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*For other important dates, visit publications.uwo.ca/publications/student_guide.html
Program & Academic Counselling

During the course of your university career, there are a number of reasons why you may want or need to see an academic counsellor. Some of these reasons are listed below:

- To discuss course changes, withdrawals, special permissions, and appeal procedures;
- To pose questions about modules/programs, degree requirements, and/or university regulations;
- To seek accommodation when circumstances beyond your control affect your academic performance (e.g., illness, bereavement, personal problems, or other extenuating circumstances);
- To process requests for Letters of Permission (i.e., taking courses at another university); and,
- To have transfer credits from an academic exchange program approved.

The process of academic counselling is a shared responsibility. To ensure that you get the most out of your discussion with an academic counsellor, below are a few tips to help you prepare for your counselling session:

- Review the sections of the Academic Calendar that are relevant to the issue(s) you would like to discuss (the full Academic Calendar is available online at westerncalendar.uwo.ca);
- Review Departmental and Faculty websites; they are often excellent sources of information; and,
- Prepare questions about your academic plans prior to your meeting with an academic counsellor.

Western has a variety of excellent resources available to assist you with your academic planning; however, you are ultimately responsible for the accuracy and completeness of your own academic program.

PROGRAM COUNSELLING

February – March 2019: this is when you choose your second-year program and complete an Intent to Register form.

READY FOR INTENT TO REGISTER

Mid February – March 2019: attend faculty and program-specific information sessions. Learn about program requirements. Students will complete their Intent to Register form online before the end of March 2019.

ACADEMIC COUNSELLING OFFICES

**FACULTY OF ARTS & HUMANITIES:**
- International & Graduate Affairs Building 1N20
- 519-661-3043 (from residence, ext. 83043)
- arts@uwo.ca
- uwo.ca/arts/counselling

**FACULTY OF INFORMATION & MEDIA STUDIES:**
- FIMS and Nursing Building 2001
- 519-661-3542 (from residence, ext. 83542)
- mit@uwo.ca
- firms.uwo.ca

**FACULTY OF ENGINEERING:**
- Spencer Engineering Building 2097
- 519-661-2130 (from residence, ext. 82130)
- engugrad@uwo.ca
- eng.uwo.ca/undergraduate

**FACULTY OF HEALTH SCIENCES:**
- School of Health Studies
  - Labatt Health Science Building 222
  - 519-661-4119 (from residence, ext. 84119)
  - shsinfo@uwo.ca
  - uwo.ca/fhs/shs/students/academic

**SCHOOL OF KINESIOLOGY:**
- 3M Centre 2225
- 519-661-3086 (from residence, ext. 83086)
- kinug@uwo.ca
- uwo.ca/fhs/kin

**SCHOOL OF NURSING:**
- FIMS and Nursing Building 3306
- 519-661-3395 (from residence, ext. 83395)
- dlitzan@uwo.ca
- uwo.ca/fhs/nursing

**DON WRIGHT FACULTY OF MUSIC:**
- Talbot College 210
- 519-661-2044 (from residence, ext. 82044)
- ovandeli@uwo.ca
- music.uwo.ca

**FACULTY OF SCIENCE:**
- Western Science Centre 140
- 519-661-3040 (from residence, ext. 83040)
- sciembmsac@uwo.ca
- uwo.ca/sci/counselling

**FACULTY OF SOCIAL SCIENCE:**
- Social Science Centre 2105
- 519-661-2011 (from residence, ext. 82011)
- ssaco@uwo.ca
- counselling.ssc.uwo.ca

**FACULTY OF HEALTH SCIENCES:**
A WORLD OF OPPORTUNITY AWAITS

INTERNSHIPS *NEW for 2018
Available to Arts & Humanities students in third year and beyond, internships relating to your fields of study provide résumé-building skills and practical knowledge that allow you to graduate career-ready. Explore internships in museums, galleries, publishing, theatre, and more!

GO GLOBAL
Experience learning globally or expand beyond the classroom! Arts & Humanities offers study abroad, exchanges, study tours, and experiential learning courses in unique destinations worldwide. Study internationally and choose from more than 135 universities in 39 countries. Connect your classroom experience with real-world opportunities by exploring theatre in New York or London UK, uncovering history through an archaeological dig at Vindolanda, or strengthening your language skills in France, Spain, Italy, Cuba and more. The opportunities are endless!

FUND YOUR STUDIES
Over $1.4 million is available to Arts & Humanities students through entrance scholarships, travel scholarships, and funding opportunities for each year of study.

Gain real-world experience while pursuing your personal passions. Learn more: westernu.ca/arts
Introducing the Faculty of Health Sciences

Student Opportunity Fund (SOF)

What is the SOF?
The SOF provides financial support for student activities and events that supplement the learning experience and are not typically covered by tuition costs. Each year, undergraduate students in Health Studies, Kinesiology and Nursing support the SOF and enhance their student experience through a voluntary $100 SOF donation fee included in the tuition statement.

What does the SOF support?
Through an application process, the SOF supports activities and initiatives that help students get the most out of their student experience. Previously funded applications include:

- Conferences/Workshops
- Guest speakers
- Technology upgrades
- Yearbooks
- Academic enhancements
- Orientation activities
- International exchanges
- Experiential learning
- Health & wellness events
- Graduation celebrations
- First aid & CPR training
- Student social events
Music at Western

Did you play in your high school band or sing in a choir?

Want to continue playing or singing?

All Western students, regardless of major, are able to audition for ensembles at the Don Wright Faculty of Music.

- Non-music students are encouraged to audition for Large Ensembles in September.
  (e.g. orchestra, choirs, bands, jazz)

- A variety of music and dance courses are also available as electives for non-music students.

For information on courses and ensembles, including audition excerpts and dates, visit:

music.uwo.ca/ensembles

Did you know...?
The Don Wright Faculty of Music hosts 350+ public concerts & special events annually.
For all event details, visit:

music.uwo.ca/events

music.uwo.ca
French Immersion in Trois-Pistoles

LIVE THE LANGUAGE AND CULTURE OF QUEBEC

Five Week University Credit Program

Are you looking for a unique experience to learn or improve your French? Do you want to discover another region of Canada while meeting new people?

Western’s French Immersion School in Trois-Pistoles offers you an experience of a lifetime in a complete immersion environment, so that you not only learn French, but live the language and the culture of Quebec.

In Trois-Pistoles, French is the language of everyday life: on the streets, in the shops, restaurants, and homes. The whole town is your campus – a living language laboratory.

Join us for our five-week credit programming at the oldest French immersion school of its kind in Canada.
Western makes it easy to gain international experience and enrich your degree with intercultural learning and global engagement.

- Exchange
- Study Abroad
- Research
- Internships
- Faculty-Led Study Abroad
- Community Engaged Learning

- 170 International Learning programs in over 40 countries
- Exchange, study abroad and course-based experiences
- Internships and community engaged learning
- Chart your own course through study abroad and research opportunities
- Scholarships and funding available, including a $1,000 award guaranteed* for high-achieving students in year 2
  *Conditions apply. Details online.

www.international.uwo.ca/learning | goabroad@uwo.ca

### International and Exchange Student Centre

Supports international students throughout their university career and provides opportunities for all students to gain intercultural skills and experiences.

- Orientation
- Advising/Counselling
- Events & Activities
- English Conversation Program
- Intercultural Learning
- Peer Guide Program
- Volunteer Opportunities
- Immigration Assistance

www.iesc.uwo.ca | iesc@uwo.ca

2nd floor, International & Graduate Affairs Building
519-661-2111 ext. 89309
Student Central offers a wide variety of services for current students, future students, and alumni. Services are offered in person, online, and by telephone. Below is a partial listing of services offered by Student Central.

For detailed information on the services offered by Student Central, visit our website at registrar.uwo.ca

Official Western Letters
An Official Western Letter can be used for purposes such as:
- Proof of enrolment (including proof required to withdraw funds from an RESP)
- Statement of current or past fees
- Visa letters for international students

An Official Western Letter can be ordered online, in person, by mail or by fax; a fee will apply.

Third Party Forms
A Third Party Form is any form completed and sealed by the Registrar’s Office; a fee will apply. These forms most often confirm a student’s enrolment or graduation status, and include:
- RESP forms such as Canadian Scholarship Trust, Children’s Education Funds, Global Education Trust, Heritage Education Funds, Knowledge First Financial, etc.
- CPP forms (which must be sent as originals and cannot be faxed — no fee applies to CPP forms)

Forms requiring verification for a future term will be completed once the student’s registration in that future term has been confirmed. Forms submitted by mail or fax will not be returned to the student, and forms submitted in person can only be returned to the student or to a representative authorized by the student through the Release of Information.

Transcripts
A transcript is an official copy of a student’s permanent academic record at Western. Current and former students can order their transcript: online, in person, by mail, or by fax; a fee will apply.

Western ONECard
A Western ONECard is issued to every student when they first come to Western. Students keep their Western ONECard for the duration of their studies, and the card is to be used only by the person to whom it is issued. There is a fee to replace a lost or damaged Western ONECard.

To obtain your Western ONECard, upload your photo by logging in to your Student Center account at student.uwo.ca or by visiting Student Central while at SAO. Your Western ONECard will then be waiting for you during O-Week. You will be required to present a piece of government-issued photo identification when you come to have your photo taken and when you pick up your Western ONECard.

Course Registration
Student Central is available to assist with course registration.

Release of Information
The privacy of your personal information is important to us. In keeping with privacy legislation, we will not release personal information about you unless authorized to do so by you. To give a third party (parents/spouse/friends) the ability to access information or a service on your behalf, log in to your Student Center. Under the Personal Information heading, select “Release of Information”.

Fee Payments
We encourage you to pay your tuition fees through online banking. If you wish to pay in person, fee payments can be made in Student Central by Canadian debit card, cheque, or money order. We do not accept cash or credit cards for tuition payments. Note: Please check with your financial institution regarding your daily limit before visiting Student Central to make your tuition payment by debit.
Paying Fees

• View your account balance and tuition deadline at student.uwo.ca. In the Finances section, click on Detailed Statement of Account.
• Payment can be made through Internet banking through major Canadian banks, or by cheque or money order payable to Western University and mailed to Student Financial Services.
• For more information on these options or for information on arranging payment from outside Canada, visit registrar.uwo.ca
• Paying with OSAP – If you wish to pay your tuition fees with your OSAP, you must apply for OSAP, including submission of all required supporting documentation, by June 30. If your first OSAP instalment is sufficient to cover your first tuition payment, deferment is automatic. If your first OSAP instalment is not sufficient to cover your first instalment of tuition fees, you are responsible for paying your difference by the due date. Note: OSAP loans are issued in 2 instalments, approximately 60% in September and the remainder in January.

OSAP

• To apply for OSAP you can fill out an online application at: Ontario.ca/OSAP
• For more information on OSAP, please visit registrar.uwo.ca/student_finances/osap_government_loans/ontario_student_assistance_program_osap.html
• Government issued photo ID and proof of SIN number required to discuss your OSAP application in detail.

Direct Deposit

Visit student.uwo.ca and enroll in direct deposit for refunds on your student tuition account. For more information visit registrar.uwo.ca

Financial Counseling

• Discuss budgeting, OSAP and bursary assistance.
• Appointments can be made online at student.uwo.ca under the Student Service Links in the bottom right-hand corner.

Admission Scholarships

• To be eligible, a student must apply for admission directly from secondary school to main campus for full-time, first-year studies.
• Eligibility is based on the student’s final admission average, as calculated by Western’s Admissions Office. Eligible students are notified via their Western email account in late August. Visit registrar.uwo.ca/student_finances/scholarships_awards/admission_scholarship_program.html for full details.

Admission Bursaries

• Bursaries are non-repayable grants. Assessment is based on financial need and entitlements range based on the student’s level of need, up to a maximum of $4,000.
• Application is available online at registrar.uwo.ca/student_finances/bursaries.html — Admission Bursary application is available until July 18, 2018.
• Applicants will receive notification by email (provided on application).

Student Financial Services
Room 1120, Western Student Services Building
Western University, London, Ontario N6A 3K7
Telephone: 519-661-2100; Fax: 519-850-2394

registrar.uwo.ca
## Tuition and Ancillary Fee Schedule for 2018-2019
### Full-Time Cost for Undergraduate, Fall/Winter Term

<table>
<thead>
<tr>
<th>Total Fee</th>
<th>INSTALMENT PLAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Payment</td>
<td>1st Instalment</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td><strong>Canadian/Permanent Resident</strong></td>
<td></td>
</tr>
<tr>
<td>Arts</td>
<td>8,293.45</td>
</tr>
<tr>
<td>Engineering</td>
<td>15,331.45</td>
</tr>
<tr>
<td>Health Science</td>
<td>8,343.45</td>
</tr>
<tr>
<td>Medical Science</td>
<td>8,318.45</td>
</tr>
<tr>
<td>Kinesiology</td>
<td>8,343.45</td>
</tr>
<tr>
<td>FIMS: MIT</td>
<td>8,293.45</td>
</tr>
<tr>
<td>Music</td>
<td>8,343.45</td>
</tr>
<tr>
<td>Nursing</td>
<td>8,343.45</td>
</tr>
<tr>
<td>Science</td>
<td>8,318.45</td>
</tr>
<tr>
<td>Social Science</td>
<td>8,293.45</td>
</tr>
<tr>
<td>MOS</td>
<td>8,293.45</td>
</tr>
</tbody>
</table>

### International

<table>
<thead>
<tr>
<th>Total Fee</th>
<th>INSTALMENT PLAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Payment</td>
<td>First Instalment</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td><strong>Canadian/Permanent Resident</strong></td>
<td></td>
</tr>
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<td>Arts</td>
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<tr>
<td>Science</td>
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</tr>
<tr>
<td>Social Science</td>
<td>8,293.45</td>
</tr>
<tr>
<td>MOS</td>
<td>8,293.45</td>
</tr>
</tbody>
</table>

### Notes:
- The fees listed above reflect Year 1 fees only.
- The $31.00 fee for the WesternONE identification card is included in the fees above.
- The $624 international health plan fee (UHIP) is included in the International fees above. This covers the period from Sept. 1, 2018 to Aug. 31, 2019. For information on UHIP (how to enroll, what it covers, etc.) visit www.uhip.ca
- All fees are subject to change.
# UNDERGRADUATE SAMPLE BUDGET

## 2018-2019

<table>
<thead>
<tr>
<th></th>
<th>Living On-Campus</th>
<th>Living at Home (London)</th>
<th>Living Off-Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuition Fee</strong></td>
<td>$8,294</td>
<td>$8,294</td>
<td>$8,294</td>
</tr>
<tr>
<td>(Canadian Citizens or Permanent Residents, most programs)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Books &amp; Supplies</strong></td>
<td>$1,500</td>
<td>$1,500</td>
<td>$1,500</td>
</tr>
<tr>
<td><strong>Residence &amp; Food</strong></td>
<td>$13,000</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Rent</strong></td>
<td></td>
<td>$5,600</td>
<td></td>
</tr>
<tr>
<td><strong>Food</strong></td>
<td></td>
<td>$1,800</td>
<td>$3,600</td>
</tr>
<tr>
<td><strong>Utilities/Cable</strong></td>
<td></td>
<td></td>
<td>$800</td>
</tr>
<tr>
<td><strong>Phone/Internet</strong></td>
<td>$860</td>
<td>$640</td>
<td>$800</td>
</tr>
<tr>
<td>(RezNet included for Living On-Campus)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Personal/Incidentals</strong></td>
<td>$800</td>
<td>$800</td>
<td>$800</td>
</tr>
<tr>
<td><strong>Local Transportation</strong></td>
<td>$0</td>
<td>$0</td>
<td>$0</td>
</tr>
<tr>
<td>(bus pass included in fees)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Transportation Home</strong></td>
<td>$350</td>
<td>$0</td>
<td>$350</td>
</tr>
<tr>
<td><strong>Clothing</strong></td>
<td>$400</td>
<td>$400</td>
<td>$400</td>
</tr>
<tr>
<td><strong>Entertainment</strong></td>
<td>$800</td>
<td>$800</td>
<td>$800</td>
</tr>
<tr>
<td><strong>Laundry</strong></td>
<td>$400</td>
<td></td>
<td>$400</td>
</tr>
</tbody>
</table>

| **Total**            | **$26,404**      | **$14,234**             | **$23,344**      |

*Note: All figures are estimates and need to be adjusted for the individual student's particular situation. Estimated tuition & fees for the Faculty of Engineering is $15,332. All figures are based on the 8-month academic year.*
● Academic or non-academic problem? Come to us for advice.

● We are confidential, impartial and independent.

● We serve all students: graduate, undergraduate, King’s, Brescia, Huron and Main Campus.

OFFICE OF THE OMBUDSPERSON
Room 3135 WSS • ombuds@uwo.ca • 519-661-3573
www.uwo.ca/ombuds
RESIDENCE AT WESTERN 2018-2019

Living in Residence at Western makes it easy for you to be connected to campus and access important resources that help you get the most out of your university experience!

All of our residences offer:

- In-building dining halls—no need to trek across campus to a central dining facility.
- Workout rooms, music practice rooms, study rooms, and laundry facilities.
- 24-hour front desk services, accessible in person or by phone.
- More than 400 upper-year student leaders live in residence, including Residence Orientation Leaders (Rez Sophs) and Residence Staff, who can assist you with any questions.
- Regular in-room cleaning in all residences. We’ll dust, vacuum, and take out your garbage.

residence.uwo.ca
@westernuRezLife #westernuRezLife

WE’RE HERE FOR YOU
Western is proud of our excellent support system, and we want you to feel like you belong here.

Residence Dons and Residence Advisors
Always just a few steps away and serving as a link between you and the University.

Live-in Professional Residence Managers
Having extensive residence life experience, and promoting an environment that supports academic achievement, community, and learning outside the classroom.

Residence Counsellors
Providing professional and confidential counselling services to students living in a Main Campus residence, at no cost.

You made the right choice living in Rez!
Studies show that students living in residence achieved higher averages compared to their peers living off campus.

REZLIFE PROGRAMS
Learning is not limited to opening a book or listening to a lecture. Everyone learns from every moment, situation, and personal encounter, both inside and outside the classroom. Residence is your home away from home for the next eight months, so feel a sense of belonging by taking advantage of all that residence has to offer!

Office of Residence Education & Programs (OREP)
OREP staff provide you with leadership, academic, and social programs that help you adjust to university life, build connections with your fellow residents, and develop your interpersonal and leadership skills.

Make the most out of your residence experience!
Join your Residents’ Council, attend study skills workshops, perform at a coffee house, or register for the Residence Leadership Conference. Employers today are seeking individuals with a diverse skillset, and Residence Life offers multiple opportunities for you to develop outside the classroom!
RESIDENCE ASSIGNMENT FAQ

How are residence and room assignments done?
Residence and room assignments are made based on a computer-generated random number assigned to each student. We will consider the information that you provide on your Residence Placement Questionnaire, including lifestyle and residence preferences, roommate preference and other information.

What if I don’t get along with my roommate?
There are Residence Staff Members and other resources available to help in mediation. However, we always encourage students to first try and work out their differences on their own by discussing a number of issues at the outset to avoid misunderstandings. Learning to live with another person, acknowledging and respecting each other’s differences, and allowing one another the space to grow are some of the most valuable life skills you’ll develop throughout your residence experience.

Can I move to another residence?
There is a settling-in period until Thanksgiving. After that, building and room switches are occasionally permitted (or required). Such switches occur only under exceptional circumstances and are at the discretion of the Residence Manager. Students who are moved to another residence will be charged/credited any differential in cost.

CAN I LIVE ON CAMPUS AFTER FIRST YEAR?

We welcome upper-year students to live in our residences. After first year, you can continue to enjoy the convenience of on-campus living, a great community environment, and leadership opportunities! There are two upper-year residences, Alumni House and London Hall, which are both suite-style buildings with optional meal plans. You may also opt to live in any other residence on campus.

In early November, you may go online at myhousing.uwo.ca/portal and sign up for your residence space for the following academic year. You may come with your friends and reserve the particular residence building and suite that you like. It’s a first-come-first-served offering.

You may also choose to apply as a Residence Staff Member or as a Rez Soph. There are more than 400 volunteer and paid student leadership positions available in residence which will enrich your learning experience, build up your resume, or help you out financially.

Second Year Residence Guarantee: If your final admission average for university is 90% or higher, and you live in residence in your first year, you will be guaranteed a single room in the residence of your choice for your second year. To be eligible, apply at myhousing.uwo.ca/portal by January 31, 2019.

“Coming to university as an international student who didn’t know anyone in Canada, residence provided me with a great sense of ‘home’ on campus. That’s why I returned as a Rez Soph in my second year!”

RESIDENCE AT WESTERN

PACKING FOR THE BIG DAY

What does the University provide in a residence room?

<table>
<thead>
<tr>
<th>Bed frame and mattress*</th>
<th>Closet or wardrobe</th>
<th>Desk and chair</th>
<th>Bookshelves or desk hutch</th>
<th>Dresser</th>
<th>Wastebasket and recycle bin</th>
<th>Corkboard</th>
</tr>
</thead>
</table>

WHAT CAN I BRING?

- Additional reading/desk lamp
- Alarm clock
- Backpack
- Bicycle and a high-quality U-lock
- Clothes hangers
- Computer, network cable, and power bar
- Hair dryer/straightener
- Headphones
- Kitchen supplies (for suite-style residents), e.g. dishes and cutlery, garbage and recycling bags, cleaning supplies
- Laptop anti-theft device/lock
- Laundry bag/basket and detergent
- Linens, pillows, and mattress cover*
- Personal identification and Health Card
- Personal safe or lock box
- Recreation equipment (please note storage is very limited)
- Shower shoes/flip-flops
- Toiletries and towels (toilet paper for suite-style and hybrid-style residences only)
- Umbrella
- University publications and correspondence

DO NOT BRING:

- Alcohol during Orientation Week regardless of your age
- Any glass bottles, large-volume alcohol containers (kegs, mini-kegs, or liquor bottles greater than 40 fluid ounces)
- Appliances of all kinds**
- Funnels, beer-pong tables, pipes, bongs and any other drug or drinking paraphernalia
- Candles and incense
- Draperies
- Drum sets
- Exercise machines
- Furniture of any kind, including headboards
- Heaters, and heat or halogen lamps
- Pets (any type of animals)
- Speaker systems

** Exceptions: toaster ovens and cooking grills are permitted in suite-style residences only. Mini-fridges are allowed in your residence room (All need to be CSA approved.)

The personal items that you bring should all fit into a standard shopping cart!

* All buildings (except for Alumni House and London Hall) have mattresses that are approximately 203 cm (80”) long by 91 cm (36”) wide.
Important Dates

- **Late July**: Building assignment, residence fee invoice, and residence contract available online.
- **August 1**: First instalment of residence fees due (minimum $7,000).
- **August 1**: Last day to cancel your residence and receive $450 refund (half of the $900 prepayment).
- **Sept 2 & 3**: Move-in days.
- **Sept 6**: Classes begin.

Read your Residence Contract at [residence.uwo.ca/residence_contract.pdf](http://residence.uwo.ca/residence_contract.pdf) before you arrive on campus!

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**PARENTS**: For info on contacting students, safety, security or to sign up for our Parent Newsletter, visit: [residence.uwo.ca/resources/parent_guide](http://residence.uwo.ca/resources/parent_guide)

**ADDITIONAL QUESTIONS?** Contact us at housing@uwo.ca or call 519-661-3547.
REZLIFE ALCOHOL AWARENESS GUIDE

FOR PARENTS: Studies over the past number of years confirm that 20% of first-year students choose not to drink alcohol at all. If a student chooses to drink (even if they are underage), this guide for parents and/or guardians outlines the impacts of alcohol consumption, and provides responsible drinking tips.

Tip: Having a conversation about alcohol with your student will have a positive impact on their drinking habits. Use the information from this guide to get started.

HOW MUCH IS TOO MUCH?
Young adults who decide to drink might not be aware of their limits or the dangers of binge drinking. Binge drinking is consuming five or more drinks for men, or four or more drinks for women on one occasion. Monitor your consumption and be aware of the signs of problem drinking.

Signs of problem drinking include:
Memory loss, passing out, fights, frequently hung-over or late for school, using drinking as a way of coping with stress, or the inability to control how much you drink on one occasion.

Responsible drinking: If you choose to drink, make sure it does not interfere with your health, school work, or other people. It means there are days when you don’t drink, and on days when you do drink, you are not drinking to excess. You don’t feel the need to drink alone; you make plans to get home safely; and you never leave your drink unattended.

THE DOWNSIDES OF DRINKING
• Getting kicked out of an event for being drunk is no way to fit in.
• People get the wrong idea about who you are.
• Physical discomfort from hangovers and vomiting.
• Alcohol poisoning.
• Increased possibility of hurting yourself (falls, etc.).
• Increased willingness to take unnecessary risks.
• Increased possibility of getting arrested or charged.
• Disciplinary sanctions in residence.
• Increased risks for emergence of mental health problems.

SOBER STRATEGIES
• Only bring a small amount of money with you when you go out.
• Purchase drinks that look like alcoholic beverages but are not (e.g. ginger ale in a glass with ice and a lime).

You can say...
“I’m on medication and I can’t drink.”
“I don’t have enough money to go out this weekend.”
“I’m pacing myself.”
“I have to get up early tomorrow.”

OR, simply tell people you don’t want to! You are in control of your choices.

AVOID OVER-INTOXICATION
• Eat while drinking. Having food in your stomach will slow the absorption of alcohol.
• Set a limit on the total number of drinks for an evening and count them.
• Pace yourself—drink slowly.
• Mix your own drinks so that you know how much alcohol is going into each drink.
• Alternate a non-alcoholic drink with an alcoholic drink.
• Avoid taking straight shots. They increase your blood alcohol level faster which increases your risk of alcohol-poisoning.
• Use a large amount of mix in your drinks.

CHECK YOUR DRINKING SURVEY
We encourage all students to complete a “Check Your Drinking” online self-assessment before arriving to campus. Past data has shown that participants who have reflected on their own drinking behaviours in comparison to other Canadian students reduced their overall consumption. The assessment results are confidential. Access the survey at: uwo.checkyourdrinkingu.net

According to recent surveys of Western residence students:

85% drink once a week or not at all
61% drink less than once per week

DRUGS
The consumption of drugs, including cannabis, can have significant impacts on your health, academics, and social life.

Consumption, sharing or distributing drugs (including cannabis) is strictly prohibited in residence.
RESIDENCE AT WESTERN

Internet Service in Residence

- 98% student subscription rate
- No bandwidth limits
- High-speed ethernet ports
- Wireless service throughout residence
- Immediate access on move-in day

HOW DO I CONNECT?
RezNet subscribers have two ways to connect to the Internet in residence. Connect laptops, game consoles, and other wired devices to our high-speed wired network. For devices such as smartphones and tablets, we offer a convenient wireless network.

HOW DO I SUBSCRIBE?
Subscribe to RezNet by selecting “yes” in the RezNet section on the Residence Placement Questionnaire.

WHAT SHOULD I BRING?
We strongly suggest you bring an ethernet cable! Although wireless internet access is available, some devices like game consoles only work on our wired network. A wired connection also provides the most reliable and highest quality of service. You should also bring your computer’s administrator password, up-to-date anti-virus, and a USB printer cable for printers with wireless broadcasting.

reznet.uwo.ca • 519-661-4225 • reznet@uwo.ca
CAN I BRING A WIRELESS ROUTER?
No. Personal routers will interfere with the wireless internet being provided to your fellow residents. If you have a specific need for a personal router, please call the RezNet Hotline so that we can explore potential solutions.

WHAT ABOUT PRINTERS?
Signals from wireless printers interfere with RezNet’s service. By turning off the wireless broadcasting and using a USB printer cable, you ensure that you and your fellow residents can take full advantage of the wireless internet provided in your residence building.

WHAT IF I NEED HELP ON MOVE-IN DAY?
On move-in day, RezNet’s student support team will be available for in-room assistance for any configuration issues you may have. The RezNet Hotline will also be open on both move-in days, and throughout the academic year, to provide assistance over the phone. You will also receive a RezNet Handbook with helpful instructions during the check-in process.

WHAT IF I HAVE QUESTIONS?
Call the RezNet Hotline
519-661-4225
May 3–August 24 (Summer Hours)
Monday–Friday, 9:00 a.m.–4:00 p.m.

Email Us
reznet@uwo.ca
Dining on Campus

Hospitality Services at Western strives to provide you with healthy, high-quality meals as well as the best dining experience. Whether it’s a fairtrade coffee, a hot breakfast, made-to-order lunch, or catering a special event, we’re here to serve you. Here is a quick glance at a few of our services:

Residence Dining
The dining hall in each of our seven first-year residences, your home away from home, is open 7 a.m. to 7 p.m., with access to late-night dining options in selected buildings. Our six-week menu cycle features an incredible variety of menu items and selections.

Campus Eateries
Twenty-three eateries across campus are available to serve students, staff, faculty and visitors every day. Each eatery is distinct in menu offerings, operating hours, service-style and ambience. Also featuring many of your favourite franchises.

Campus Meal Plan
Living off campus? You can still enjoy the flexibility and convenience of a meal plan program. You have the option to choose between a Tax Exempt Meal Plan (13% savings) or a Flex Plan (5% savings).

Nutrition Services
Do you have food allergies or special dietary needs? We strongly encourage you to self-identify by sending an email to nutritionservices@uwo.ca. Our dedicated Nutrition Manager is available to help ensure you are provided with guidance to make informed decisions while dining on campus.

Part-time Employment Opportunities
Did you know you can earn while you learn? Join our team as a Food Service Helper, Catering Server, etc.; enjoy flexible schedules, a discounted staff meal plan, as well as a rewarding experience in a diverse environment.

Green Leaf Café @ Somerville
Brought to you by our Great Hall Catering team, the Café serves buffet lunch with a focus on local seasonal cuisine. Open Tuesday to Friday, 11:30 a.m. to 2 p.m.
Orientation Week (Sunday, September 2 to Saturday, September 8) takes place during the first week of the fall term and eases the transition for incoming students when they arrive at Western. During O-Week and throughout September, students will have the opportunity to become familiar with campus services and resources, meet their peers and faculty, prepare for classes, and adjust to university life.

Incoming students are paired with upper-year students (called Sophs) from their residence, faculty, and/or Affiliate College who act as mentors throughout O-Week and the academic year.

**Students who completed Western’s 2017 O-Week Survey:**

- **96%** Felt that by the end of the week, they were a part of the Western community
- **84%** Indicated that their overall experience of O-Week was excellent or good
- **84%** Would recommend Western’s O-Week to other students
- **75%** Reported that O-Week contributed to their desire to stay at Western

**O-Week Programming includes:**

- Residence/Off-Campus/Affiliate College Events
- Faculty Programming
- Campus and Building Tours
- Campus Open House & Involvement Fairs
- Concerts, Carnivals, & Dances
- Spirit Rallies
- Mustang Varsity Football Game
- Orientation Serves (O-Serves) - Day of Volunteerism
- Western’s One Love Rally
- Keynote Speakers

Make sure to check your Detailed Statement of Account on student.uwo.ca to see if you’ve been assessed your Orientation Fee.

For more information, please visit: oweek.ca
Hello Incoming Students and welcome to Western!

I am Mitchell Pratt your University Students’ Council President for the 2018-2019 year. I want to take a moment to welcome you to your new adventure here at Western, and let you know about all the exciting opportunities that lay ahead. The next four years will be filled with diverse experiences and challenges -- don’t be afraid to take advantage of what this campus has to offer.

Here at Western, we have a community of people who work to ensure that you have access to all the resources you will need to succeed - academic or otherwise. The University Students’ Council is the largest and most active student government in Canada. As former mustangs, and representatives of our diverse student body, the USC lobbies at the university, municipal, provincial and federal levels of government, to improve the quality of life on our campus. We are committed to making your university experience affordable, enjoyable, and accessible. Take advantage of our unique offerings and learn more about how you can be a part of the driving force of change behind our University, through The University Students’ Council. Whether you choose to get involved as a direct representative on the council or by sitting on committees, endless opportunities await.

So, as you begin to embark on the next chapter of your life, remember to be bold, make connections, get involved, and remember that the USC is here to help you achieve these goals. Make sure to to reach out to myself, fellow executives and various council members throughout the year -- we are here to help!

Mitchell Pratt

OUR SERVICES AND OPERATIONS
From an extensive orientation program, peer support centre, multicultural programming, awareness weeks, shuttle services, artistic showcases, musical performances to an annual charity ball, our services are run for students, by students. Check out some of our services, operations, opportunities and media below:
Student Experience Services

Psychological Services
Offers confidential counselling for personal and social issues through individual appointments, and workshops on a variety of topics. Visit us at sdc.uwo.ca/psych

Services for Students with Disabilities (SSD)
Offers services for students with a variety of disabilities by providing academic accommodation, assistive technology, and related support. Contact us at ssid@uwo.ca or visit sdc.uwo.ca/ssd

Learning Skills Services (LSS)
Confidential, individualized learning support to help students achieve their academic goals. Academic skill development includes: time management, preparing and writing university level tests, etc. Learning Skills also offers peer support for course specific help. For more information, see sdc.uwo.ca/learning or email learning@uwo.ca

Wellness Education Centre (WEC)
Offers a safe, comfortable environment for Western students to ask questions and learn about the many health and wellness resources available on and off campus. Contact us at wec@uwo.ca, visit wec.uwo.ca or find us on the lower level of UCC, Room 76.

Sexual Violence Prevention Education Coordinator (SVPEC)
The Sexual Violence Prevention Education Coordinator provides support to students who have experienced sexual violence. To learn more, visit uwo.ca/sexualviolence or email svpec@uwo.ca

The Writing Support Centre (WSC)
Provides individual writing support, seminars, and on-line support to help both undergraduate and graduate students strengthen their writing skills. Contact us at wsc@uwo.ca or visit sdc.uwo.ca/writing

Volunteers In Progress (VIP)
Enhances students’ experiences through volunteer opportunities with Student Experience. Contact us at vipsdc.uwo.ca or visit sdc.uwo.ca/vip

Western Student Services Building, London, Ontario
UCC 210: Volunteers in Progress
4th Floor: Psychological Services, Learning Skills Services, The Writing Support Centre, and Services for Students with Disabilities

Main: 519-661-3031
LSS: 519-661-2183
SSD: 519-661-2147
WSC: 519-661-3655

www.sdc.uwo.ca
Must Do's in First Year

- **Engage with campus resources.**
  Connect with your assigned Leadership and Academic Mentorship Program peer mentor (lamp.uwo.ca) and/or our Society of Off-Campus Students (socs.uwo.ca). For a comprehensive list of campus resources, visit orientationonline.uwo.ca

- **Get involved in London and beyond.**
  Join a group to volunteer for a few hours in the community (oserves.uwo.ca) or spend your reading week making a meaningful contribution through the Alternative Spring Break program (asb.uwo.ca).

- **Enhance your leadership skills.**
  Develop your skills in individual, group and community leadership through the Leadership Education Program (lep.uwo.ca). In addition, get involved in residence life or a campus club to gain valuable out-of-classroom leadership skills, all of which can be tracked on your co-curricular record (myexperience.uwo.ca).

Visit success.uwo.ca to learn more about all of our programs and services including: career support, mature student support, programs for first-year, out-of-province and high-achieving students and experiential opportunities.
Indigenous Services (IS) is committed to supporting Indigenous students in reaching their highest potential. Our friendly and welcoming staff pride themselves on offering holistic student supports based on the values of helping and serving through Indigenous ways.

Student Supports & Programs
- Academic advice and advocacy
- Financial aid advice/referrals
- Housing/residence referrals
- Childcare referrals
- Mentorship and leadership opportunities
- Academic, personal, cultural counselling

Cultural & Social Resources
- Visiting Elders and Cultural Teachers available for counselling and traditional teachings on a weekly basis
- Monthly corn soup lunches and dinners/social gatherings year round
- Daily smudging, Indigenous language workshops, drumming and singing, and teaching and sharing circles, and much more

Our Space
- Open concept gathering space
- Quiet Study area
- After hours access to the Centre for registered IS students
- Fully equipped kitchen facilities
- Computer lab with 10 stations including free printing, photocopying, fax and telephone for registered students
- Visiting Elders office/quiet meditation room

Aboriginal Student Self-Identification Survey
- Self-identifying First Nations, Métis, and Inuit students can register online for access to our services at: indigenous.uwo.ca/universitywide/selfid.html

Western Student Services Building, Room 2100 - 1151 Richmond Street
London, Ontario, Canada N6A 3K7

student.uwo.ca  •  indigenous.uwo.ca  •  is.staff@uwo.ca
Phone: 519-661-4095  •  Toll-free: 1-888-661-4095
Western University seeks to provide an environment of free and creative inquiry within which critical thinking, humane values, and practical skills are cultivated and sustained. In order to foster and maintain this environment, all members of the University community are responsible for ensuring that their conduct does not jeopardize the good order and proper functioning of the academic and non-academic programs and activities of the University or its faculties, schools or departments, nor endanger the health, safety, rights, or property of the University or its members or visitors.

Upon becoming a member of Western’s community, every student accepts the University’s policies, rules and procedures and acknowledges the right of the university to set standards of conduct and impose sanctions for misconduct. The main purpose of such discipline is to address negative behaviour, promote a safe and harmonious environment and to return students to the focus of their studies. Students must familiarize themselves with the University regulations and the conduct expected of them while registered at the University.

PROHIBITED STUDENT CONDUCT

In general, The Code of Student Conduct prohibits activity which endangers or threatens to endanger others, limits their freedoms or impedes their rights, or damages the property of others or the property of the University itself.

Commonly understood offences include:
1. Assault, threats of assault or bodily harm.
2. Damage or threats of damage to personal property.
3. Possession or misuse of false identification, I.D. cards, access cards, key cards, meal cards, etc.
4. Unauthorized entry or presence.
5. Illegal use, possession, or distribution of alcohol or drugs.
6. Unauthorized possession or use of firearms or weapons.
7. Violation of University policies.
8. Aiding in or encouraging others in the commission of an offence.
9. Failure to comply with sanctions.

For further information, you may wish to review the Code of Student Conduct, behavioural expectations, and the sanctions for misconduct that are specified in the Code of Student Conduct at [www.uwo.ca/univsec/pdf/board/code.pdf](http://www.uwo.ca/univsec/pdf/board/code.pdf)
Starting university? Don't miss Western's Summer Academic Writing Clinic

Looking for a head start on your university experience?

Western’s Summer Academic Writing Clinic (SAWC) is your opportunity to live and learn on campus while developing the skills for a successful transition to post-secondary writing.

Three available sessions:
July 18 - 20, July 25 - 27, Aug. 8 - 10

Each session includes:

- 3 days of critical thinking & writing instruction
- Program materials, including Write Right: Making the Transition to University Writing
- 2 nights of residence accommodation (optional)
- Navigating library and online resources
- Professor Panel and Q&A
- Recreational evening activities
Welcome to a world of support at Western!

- I want to get involved or meet new people.
- I have been treated unfairly.
- I feel unwell.
- I want to contribute to the health of the environment.
- I want to find my purpose.
- I want a personal connection to something bigger than me.
- I’m concerned about my academic performance.
- I want to manage my money better.
- I’m not at my best. I want to talk to someone about it.
- I don’t know what to eat!
- What can I do with this degree?
- I’m running low on funds.
- I’m concerned about my mental illness.
- I’m feeling caged in!

Western's Wellness Education Centre (WEC) provides a supportive, personalized way for all Western students to learn about and access the wellness resources available on and off-campus.

Phone: 519 661-2111 x87127
Email: wec@uwo.ca
Website: wec.uwo.ca
Facebook.com/WellnessWestern
Twitter: @WellnessWestern
Student Health Services provides Western students with a variety of on-campus health care services. We are an appointment-based clinic with limited same-day appointments available for both physical and mental health issues.

We Offer:
- Medical Care & Treatment
- Counselling & Psychiatry
- Sexually Transmitted Infections Testing
- Birth Control Information
- Allergy Injections & Immunizations
- Laboratory Services
- Physiotherapy & Massage Therapy

Immunization Reminder:
Please remember to speak with your health care provider at home or visit our clinic on campus to ensure your immunizations are up to date.

Student Emergency Response Team (SERT)

SERT is a volunteer, student-run organization providing emergency medical response to all 911 calls on campus
- Co-ed teams of three responders on call 24/7
- Trained Emergency Medical Responders carrying a defibrillator and other advanced medical equipment

First Aid Courses
We offer Canadian Red Cross First Aid training on campus! For more info visit sert.uwo.ca

Interested in joining?
Our application process starts in early September; see sert.uwo.ca for more details.

IN AN EMERGENCY
Call - 911 on campus phone
or 519-661-3300 on a cell phone

Room 28, UCC (Lower Level)
519-661-2111 x84824
sert.uwo.ca

fb.com/WesternSERT
@Western_SERT
UCC SHOPS & SERVICES

UCC Shops & Services is at the centre of campus and hosts a complete range of stores, services, and community-related events. From food outlets like the Spoke, Spoke Cafe, and The Wave to Purple Store, answering your questions and offering services. Students visit this important building in large numbers every day. The University Students’ Council Office is located in Room 340 on the third floor and offers a myriad of volunteer activities and experiences for all University undergraduate students. Shopping in the UCC Shops & Services is tailored to serving students. Stores are open when you need them and product lines are so perfectly matched to student needs you never have to shop anywhere else!

THE PURPLE STORE

Main Floor Atrium • Tel: 519-661-3811

UCC LOCKER RENTALS
Why lug your stuff all over campus? Locker rentals are available for the entire school year (Sept – April) starting at only $65.00 (plus applicable taxes)

GREYHOUND CANADA
Purple Store is a licensed Greyhound Canada Agent. For the most affordable way to travel ask a Purple Store staff member about Greyhound’s Student Discount Prices.

EVENT TICKETS
Concert tickets, special events, speakers series.

BUS PASS REPLACEMENT & LTC BUS TICKETS AVAILABLE.
Lost your bus pass? We’ve got you covered! See us to get a replacement.

MUSTANG EXPRESS STICKER
Coming soon: Times and location to pick up your Mustang Express sticker will be announced on the website www.westernusc.ca/transportation/mustang-express/. After September 7/18, you can pick up your sticker at the Purple Store.

HEALTH CARE

USC HEALTH AND DENTAL PLANS
Coordinator Student Benefits • Tel: 519-661-2111 x 89259
Provides full-time undergraduate students with extended health and dental plan benefits. Students with equivalent coverage may choose to opt-out of the programs by providing proof of alternative coverage. The deadline to opt-out is: September 26, 2018 at 11:30PM. http://www.studentbenefits.ca

TRANSPORTATION

BUS PASS
Coordinator Student Benefits • Tel: 519-661-2111 x 89259
Eligible full-time, undergraduate students can pick up their USC/LTC Bus Pass starting August 31 in the Mustang Lounge. Please bring your Western Photo ID card.

MUSTANG EXPRESS
Coordinator Student Benefits • Tel: 519-661-2111 x 89259
The Mustang Express is a late night shuttle service provided by the USC to offer students with safe transportation home from downtown after the LTC buses have stopped operating. All full-time and part-time Undergraduate Western students are eligible to use this shuttle service. Route information can be found at www.westernusc.ca/transportation. Check the website for updates on distribution place and time.

EXAM SHUTTLES
Coordinator Student Benefits • Tel: 519-661-2111 x 89259
Seasonal late night shuttles provided by the USC to ensure safe travel home after a late night of studying for exams. Route information can be found at www.westernusc.ca/transportation
1. Your personal textbook list
   - You can get your personal textbook list on The Book Store’s website at www.bookstore.uwo.ca.
   - You don’t need to wait until the start of classes to get an accurate list of the textbooks from your professors. By the middle of August, some, if not most, of the textbooks adopted by your professors will be available.
   - If your list is not complete, check back often. As textbook orders are processed, updates are posted on The Book Store’s daily.
   - Save time by printing your personal textbook list BEFORE you come to The Book Store to do your shopping. Be sure to have your list of registered courses with you when buying your textbooks.

2. New and used textbooks
   - The Book Store carries the largest selection of new and used textbooks for all University courses.
   - Used textbooks sell out first, so get a head start by shopping for your books before the start of classes.

3. Extended hours begin August 27
   - Aug 25 – 26  11:00 am – 4:00 pm
   - Aug 27 – 30  8:30 am – 7:00 pm
   - Aug 31  8:30 am – 5:00 pm
   - Sep 1 – 3  9:00 am – 5:00 pm
   - Sept 3 (Labour Day)  9:00 am – 5:00 pm

   *Hours are subject to change. See website for current hours.

   - Until August 24, we are open Monday to Friday, 8:30 am – 4:30 pm and closed Saturday, Sunday and University holidays.
   - Extended hours, extra staff and fast checkout lines.
   - For September hours, visit www.bookstore.uwo.ca ‘Hours’.

4. Extended return period until October 1
   - In case you change your mind about your courses, The Book Store offers an extended refund period on new and used textbooks to October 1.
   - You must have the receipt and the textbooks must be in original condition.

5. Win fantastic prizes
   - The Book Store at Western will give away fantastic back to school prizes. Enter online at www.bookstore.uwo.ca

6. School supplies, clothing and more
   - The Book Store and Books Plus are the official sources for Western clothing and accessories.
   - We sell school supplies to get your work done right: highlighters, pens, pencils, erasers, staples, paper clips, index cards, envelopes, rulers, sharpeners, paper, and much, much more!
   - Watch for new items throughout the year in "The Buck Store" at The Book Store where everything is a buck or two.

7. Follow The Book Store at Western
   - Join The Book Store at Western on Facebook to find out about book and clothing sales, textbook buybacks, contests and more. https://www.facebook.com/bookstorewesternu/
   - Follow us on Twitter for even more information including contests and giveaways. twitter.com/westernuBooks
   - Sign up for the Book Store newsletter at https://www.bookstore.uwo.ca

8. Campus Computer Store
   - The Campus Computer Store offers computers, software, consumer electronics and accessories for your everyday life. http://www.computerstore.uwo.ca
   - Owned by The University of Western Ontario and supports its academic mission to provide the best student experience.
   - Our stores are service driven and return revenues to the University to support student services, facilities, and programming.

www.bookstore.uwo.ca
5 Things You Didn’t Know About Western Libraries

1. All six libraries are for you
No matter your area of study, you’re welcome at any of our locations. Looking for natural light with a view? Check out the Business Library at Ivey. Can’t function without dead silence? You can hear a Western ONECard drop on the bottom floor of Taylor Library.

2. Take advantage of our secret tunnel
Hide out from brutal Canadian winters by taking the Hogwarts-esque tunnel connecting Weldon Library to the UCC.

3. You can borrow chargers
Phone about to die? Need a Mac adapter for that presentation in 10 minutes? Fear not – the library has equipment for short-term loan, including smartphone, laptop and tablet chargers, headphones, and wireless microphones.

4. Help is at your fingertips
Home in your PJs, struggling with an essay due tomorrow? Help is only a click away when you use our Ask a Librarian chat service. We’re here to help, when and where you need it.

5. We have popular fiction, too
All work and no play makes Jill a dull girl. Take a break from your riveting textbook and explore our catalogue for popular titles such as The Handmaid’s Tale, The Fault in our Stars or the Song of Ice and Fire (GoT) series.
Need IT assistance?

Visit our trained technicians to help resolve your IT issues.

Western University WTS Helpdesk offers free, best-effort service to help resolve most IT software related issues. No appointment necessary.

519-661-3800
Front Desk
Support Services Building
1393 Western Rd

To see all the services that WTS can assist students with please visit...

wts.uwo.ca
@westernuTechSvs
facebook.com/westernuTechSvs
The Leadership and Academic Mentorship Program (LAMP) provides an inclusive and welcoming community for all students. Students can request an upper-year Peer Mentor from their Faculty or Program and are kept up-to-date on events, programs, and academic deadlines throughout the year. LAMP Mentors provide academic and social support to offer a successful transition to university life. LAMP is a university-run group lead by upper-year students, designed to help you make connections with other students, have a student mentor, learn about the services at Western, and build lasting friendships. LAMP mentors are high-caliber student leaders representing all faculties who are carefully selected and extensively trained. For all LAMP Leaders, they have personal experience and are sensitive to the challenges faced by students.

SOCS provides an inclusive and welcoming community for first-year students living off-campus by offering increased accessibility to resources, events and activities throughout the year. The Off-Campus Soph Team is a group made up of highly motivated individuals that encourage the academic and social success of all off-campus, first-year students. The Society of Off-Campus Students is a university-run group led by upper-year students, designed to help you make connections with other first-year students, have a student mentor, learn about the services at Western, and build lasting friendships. SOCS Leaders/OC Sophs are high-caliber student leaders representing all faculties who are carefully selected and extensively trained. For all SOCS Leaders, the first-year experience is still a fresh memory, and they are sensitive to the challenges faced by first-year students.
University is an exciting time for students and their parents, but it can also be a sometimes daunting experience. The sheer size of the campus and the number of people working and studying here may make the school seem like its own town and, like any town, it has its own character, rituals, and even language. This guide is intended to help you familiarize yourself with some of the terminology, the “University-Speak,” that you may encounter at Western. Understanding some of the jargon and expressions used around you is one of the best steps to feeling “at home.”

<table>
<thead>
<tr>
<th>TERM</th>
<th>DEFINITION</th>
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<tbody>
<tr>
<td>Alumni</td>
<td>Ironically, the first word in our Guide describes what you will be once you have finished University. Alumni is plural. Alumnus is singular and refers to a former student of a specific school, college, or university.</td>
</tr>
<tr>
<td>Ancillary Fees</td>
<td>Ancillary Fees are supplementary costs that are in addition to tuition. They reflect the cost of services and/or learning materials.</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>Curriculum Vitae (CV)</td>
<td>From Latin meaning “course of life.” Like a résumé, a CV or “vita” is a summary of your skills, experience, and education. It is quite detailed and is often longer than 2 pages. CVs are the documents required to apply for Graduate School, scientific research, and academic positions.</td>
</tr>
<tr>
<td>Frosh</td>
<td>Frosh is a gender-less short-form for “Freshmen” and refers to new or first-year students.</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>Students must complete their Intent to Register by February/March of each year of studies. This document indicates their intention to return to Western the following September and declares their intended area of study.</td>
</tr>
<tr>
<td>Internship</td>
<td>Internships are offered in different programs at different stages of a student’s academic career. If you participate in one of these programs, you are an Intern. An Intern is a person who works as an apprentice or trainee in an occupation or profession to gain practical experience. An Internship is an official or formal program that provides practical experience for beginners in an occupation or profession.</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>Post-Degree</td>
<td>Post-Degree refers to that time after a Degree (e.g., 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>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TERM</th>
<th>DEFINITION</th>
</tr>
</thead>
<tbody>
<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.” “Orientation Serves” 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>Postgraduate</td>
<td>A Postgraduate is a student who has obtained a degree from a university and is pursuing studies for a more advanced qualification. A Postgraduate Program is a program available to students who have graduated and earned a first degree (i.e., Bachelor’s 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>Session</td>
<td>Session refers to a set duration of time during which classes take place. For example, in the Fall Session, “a” Courses run from September until December; in the Winter Session, “b” Courses run from January until April. Specific dates for each Session 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 the Western 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>Work Study</td>
<td>Work Study is a part-time employment program which allows students to work on campus in flexible environments through Fall and Winter 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>
Academic Success Checklist

The academic transition from high school to university can be an exciting challenge. The following checklist includes key behaviours that lead to successful university-level learning. For each item, indicate whether you have engaged regularly in that behaviour in the past. If your score is 3 or less on any item, consider making changes to help you achieve success.

**Prepared for Success**
Managing time is more than using a planner. Working through distractions and prioritizing your time is important.

<table>
<thead>
<tr>
<th>Behaviour</th>
<th>No---Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>I generally use my time wisely.</td>
<td>1 - 2 - 3 - 4 - 5</td>
</tr>
<tr>
<td>I plan how my goals will be reached using tools such as planners and/or lists.</td>
<td>1 - 2 - 3 - 4 - 5</td>
</tr>
<tr>
<td>I can motivate myself to complete tasks, even boring ones.</td>
<td>1 - 2 - 3 - 4 - 5</td>
</tr>
</tbody>
</table>

**Strategic Learning**
Regularly monitoring your understanding can help identify areas of confusion. You are not alone; seek help early from profs, Teaching Assistants (TAs), peers or Learning Skills Services.

<table>
<thead>
<tr>
<th>Behaviour</th>
<th>No---Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>If there are ideas that I have difficulty understanding, I check for clarification in the textbook or with someone who can help (classmate, teacher, resource centre, etc.)</td>
<td>1 - 2 - 3 - 4 - 5</td>
</tr>
<tr>
<td>I do occasional review of past text chapters and/or class notes even when I don't have a test approaching.</td>
<td>1 - 2 - 3 - 4 - 5</td>
</tr>
<tr>
<td>I go over my returned quizzes/tests to learn about the types of mistakes that I made.</td>
<td>1 - 2 - 3 - 4 - 5</td>
</tr>
</tbody>
</table>

**So much Reading!**
For each course, consider your strategy for success. Develop active reading strategies beyond simply reading over text; use strategies that allow you to recall information later.

<table>
<thead>
<tr>
<th>Behaviour</th>
<th>No---Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>As I read my text, I pay attention to the text structure: margin questions, text in bold or italics, headings, and the captions that accompany figures/diagrams in the margins.</td>
<td>1 - 2 - 3 - 4 - 5</td>
</tr>
<tr>
<td>As I read my text, I think about whether or not I will remember the ideas easily. If not, I think about ways to remember the information as the reading unfolds.</td>
<td>1 - 2 - 3 - 4 - 5</td>
</tr>
<tr>
<td>I use a system for summarizing the main points of the text: I highlight, make marginal notes, make summary notes, and/or use the study guide.</td>
<td>1 - 2 - 3 - 4 - 5</td>
</tr>
</tbody>
</table>

**Ready for Lectures**
University lectures provide more information and often less structure than high school classes. Organization and consistent review can save time and energy later in the term or during exam time.

<table>
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<tr>
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<th>No---Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am confident in my note taking ability.</td>
<td>1 - 2 - 3 - 4 - 5</td>
</tr>
<tr>
<td>In class, I monitor whether or not I understand the ideas.</td>
<td>1 - 2 - 3 - 4 - 5</td>
</tr>
<tr>
<td>I complete assigned homework and/or readings on time.</td>
<td>1 - 2 - 3 - 4 - 5</td>
</tr>
</tbody>
</table>

Need to enhance your skills? **Learning Skills Services Can Help!**

<table>
<thead>
<tr>
<th>Peer Assisted Learning Centre</th>
<th>Individual Counselling</th>
<th>Learning Skills Presentations</th>
<th>Online Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-in support, WSS 4139</td>
<td>Consult with a Learning Specialist 519-661-2183</td>
<td>Sign up on our website! sdc.uwo.ca/learning</td>
<td></td>
</tr>
</tbody>
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Room 4100 WSS | 519-661-2183 | learning@uwo.ca | sdc.uwo.ca/learning

**Western Student Experience**
Parent Expectations

Please respond to the following questions as indicated.

<table>
<thead>
<tr>
<th>Behaviour</th>
<th>No---Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is this your first child going to university?</td>
<td></td>
</tr>
<tr>
<td>Have you attended college or university?</td>
<td></td>
</tr>
<tr>
<td>Does your child intend to live in residence?</td>
<td></td>
</tr>
<tr>
<td>Age of child when they arrive on campus to begin school:</td>
<td>16 - 17 - 18 - 19 - 20+</td>
</tr>
<tr>
<td>How would you rate your involvement in the decision about which university your child has chosen?</td>
<td>1 - 2 - 3 - Unsure</td>
</tr>
<tr>
<td>If you were concerned about them, or they informed you of a negative experience at the University, how likely would you be to contact someone at the University yourself?</td>
<td>1 - 2 - 3 - Unsure</td>
</tr>
</tbody>
</table>

The following questions address your expectations regarding the University’s communication with you about various issues:

<table>
<thead>
<tr>
<th>If my child...</th>
<th>I don’t expect to be informed by the University</th>
<th>I would like to be informed but don’t expect to be informed by the University</th>
<th>I expect to be informed by the University</th>
</tr>
</thead>
<tbody>
<tr>
<td>Changed their major or degree program</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Failed a course</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Took on a part-time job</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Violated a University policy (e.g., alcohol, cheating, vandalism)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Withdrew from the University or was required to withdraw from the University</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Had a medical emergency</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Had a psychological emergency</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Took on a student leader or volunteer position</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did not pay their fees</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The Parents’ Fund
Supporting the next generation of leaders

“The Parents’ Fund Award inspired me to be the best leader and nurse I could be. Thank you to all the parent donors for their generosity and for helping to encourage and financially support students to pursue their goals.”

Hannah Gregor, BScN’18

For nearly 30 years The Parents’ Fund has been providing meaningful financial support for Western students, ensuring access to the best student experience in Canada.

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Hours of Operation
Sunday – Thursday: 6pm – 1am
Friday & Saturday: 6pm – midnight
519-661-3650

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