

CONNECT

Linking you to the building blocks of success

Important Dates

Note: First-term or full-year course DROPS must be completed on PAPER in the Academic Counselling Office

- **October 9:** Thanksgiving Holiday
- **October 9-13:** Fall Reading Week
- **October 15:** Deadline to apply for relief against a Spring/Summer Distance Studies course
- **October 25-27:** Autumn Social Science convocation ceremonies for undergraduate and graduate students
- **October 31:** Halloween
- **November 1:** Last day to receive official transcripts for courses taken on Letter of Permission during the 2016-2017 academic year and 2017 Spring/Summer Terms
- **November 12:** Last day to drop a first-term half course ON PAPER without academic penalty
- **November 30:** Last day to drop a full course on paper without academic penalty
- **December 8:** Fall/Winter Term classes end
- **December 9:** Study day
- **December 10 - 21:** Mid-year examination period

Welcome Back Students!

Your schedules are finalized, the leaves are changing colours and first term is well underway! Welcome back to our returning students and a very warm welcome to those studying at Western for the first time.

Email ssaco@uwo.ca with any concerns or questions regarding your program. If you need our attention but are without online access, come to the Counselling Office (SSC 2105) or phone 519-661-2011. Please note appointment times below:

October - December:

- Appointments: Mornings (can be made via email or phone; typically 1 week ahead)
- Counselling Drop-ins: 2:00 – 4:00 p.m.

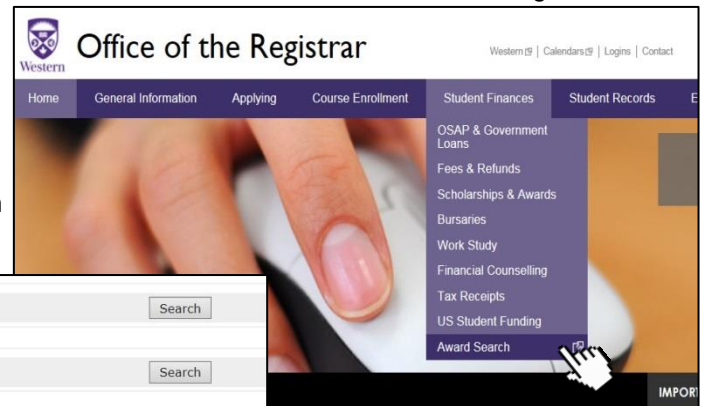
Please include your ID on any correspondence

Wishing you health, happiness and success,

The Social Science Academic Counselling Team

Scholarships and Awards

For a complete listing of awards available to Western students, visit the Registrar's website, hover over the **Student Finances** tab and click on **Award Search**.



Faculty Search

Faculty of Social Science

Eligibility Criteria Search

Please select a Criteria ...

1 | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | R | S | T | W | ALL

Faculty Search : 147 awards found. 1 2 3 4 ... 8 NEXT

	AWARD NAME	APPLICATION	ESSAY
1	125th Anniversary Alumni Award in History	Sep 30	NO
2	AER Bursary in Environment and Sustainability Studies in Soci Sci	Oct 31	NO

Awarded annually to full-time undergraduate students in any Honors Specialization, Specialization or Major in an Environment and Sustainability Module, in the Faculty of Social Science, with demonstrated financial need. The Centre for Environment and Sustainability will identify eligible environment and sustainability programs in the Faculty of Social Science to the Registrar's Office each year. An online financial assistance application is available through Student Center and must be submitted by October 31st. The Office of the Registrar will determine financial need and then select the recipients. This bursary was established with Foundation Western by a generous gift from an anonymous donor. Value: 4 at \$2,500 Effective: 2014-2015 to 2015-2016 academic years only

Application: Required by Oct 31 Location: Registrarial's Web site

Criteria:

- FINANCIAL NEED
- FULL-TIME STUDENTS
- Named Donor Award

Here you can search for awards by **Faculty** or **Eligibility Criteria**, and view award-specific information such as application deadlines, essay requirements, award values and more!



Mental Health Resources

Mental Health Support Resources
available from Monday to Friday
during business hours:

Student Development Centre
519.661.3031
WSS 4100 (Student Services Building)

Student Health Services (SHS)
519.661.3030 or
519.661.3771
UCC Rm 11 (lower level)

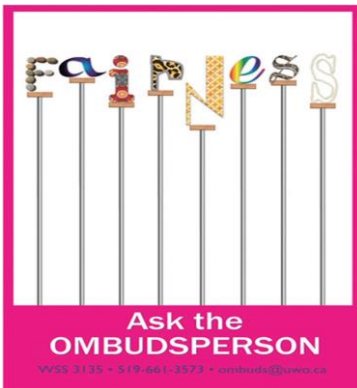
After-hours Support Resources

Campus Community Police Service
- Emergency: Call 911
- Non-emergencies or inquiries:
519.661.3300

***Good2Talk Line**
1.866.925.5454
24/7, catered to students

London Distress/Crisis Response Line
519.433.2023
Call 24/7 for phone crisis response

Or **Call 211** when you don't know
where to turn – it's free, confidential
and at your service 24/7.



What makes an exam fair?
<http://bit.ly/2gll0BB>
Office of the Ombudsperson:
WSS 3135
<http://www.uwo.ca/ombuds/>

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When to Drop a Course

To Drop:

What it will look like on your record:

Before the ADD deadline ----- Course deletion
Between the ADD and DROP deadlines ----- WDN
After the DROP deadline ----- F (or 40%)

Things to consider:

- Have you taken on too many commitments or are you having personal or medical problems? Reducing your workload could not only reduce stress but also improve your overall results.
- Are you being realistic about your plans to complete assignments and study for exams at the last minute? It's better to drop a course earlier and receive a WDN than to fail a course.
- Are you on probation? You must achieve a term average of 60% with no failures.
- Are you in or planning to enter an Honors program? A failure will not only affect your chances of being admitted, it could also have negative implications should you wish to apply to graduate or professional programs.
- Are you considering your progression requirements? Depending on your basis of admission, you need a certain average on the courses you attempt to remain in good standing at Western.

Not to Drop:

- When will you make up the course you drop? Summer or a Letter of Permission at another University may be an option. As well, you can consider requesting an overload of 6.0 courses the following year if you achieve a 70% average (75% if you are in an Honors program).
- Is the course a prerequisite for the program you are going to choose for Year 2?
- Full-time students must take a full course load (i.e. 5.0 courses) to qualify for scholarships, gold medals, some awards, Scholar's Electives and Business 2257.
- Reducing your course load may affect your competitiveness for professional schools.
- You must be a full-time student (3.5 or more courses) to be eligible to live in residence.



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10 Habits of Highly Effective Students

1. Don't try to cram all your studying in one session

Slow and steady wins the race – you need to be consistent in your studies to effectively retain the material.

2. Plan when you're going to study

Schedule specific times throughout the week. Students who study sporadically typically don't perform as well as those who set up study schedules.

3. Study at the same time

When you study at the same time each day/week, studying will become a regular part of your life.

4. Each study time should have a specific goal

Studying for the sake of studying isn't effective. You need to know exactly what you're going to accomplish during each study session.

5. Never procrastinate your planned study session

Procrastination leads to rushing and rushing leads to errors. Don't do it!

6. Start with the most difficult subject first

Your most difficult subjects require the most effort and mental energy.

7. Always review your notes before starting an assignment

Review thoroughly to make sure you know HOW to do your assignments correctly.

8. Make sure you're not disturbed while you're studying

Distraction leads to lost trains of thought.

9. Use study groups effectively

Study groups can become ineffective if they're not structured or if group members are unprepared.

10. Review your notes, schoolwork and other class materials over the weekend

You will be well-prepared to continue learning new concepts and build upon knowledge acquired the previous week.

www.educationcorner.com/habits-of-successful-students.html

Study Tips:

- ❖ Review course outlines and make a list of what material will be covered on each exam.
- ❖ Some people find studying with a group helpful. Study groups allow students to:
 - exchange notes to gain new perspectives on lectures;
 - explain concepts to each other; and
 - form social ties with other students with similar interests.
- ❖ Be realistic! Don't plan to spend 16 hours a day studying; how much would be quality time? Determine how many study hours are reasonable in a productive work day.
- ❖ Work in quiet areas to minimize hearing music, television or other distractions. If you prefer to study with music playing, choose something with no lyrics and keep the volume low.
- ❖ Ensure you understand by repeating back what you've learned in your own words.
- ❖ Triple check the exam date, time and location. Ensure you know where the room/building is, if unfamiliar to you.
- ❖ The night before, set and check your alarm (or two!) and get a good night's sleep.



Tips for Writing Multiple Choice Exams

Consider these tips as you prepare for Multiple Choice Exams:

- ✓ Take your time in reading the questions carefully and try to come up with an answer before reading the choices.
- ✓ Check the choices to see if they trigger the right answer.
- ✓ If you are stumped, move on. Come back when/if you have time later on.
- ✓ Look for patterns and similarities. Often the answer to one question will hint at the answer to another.
- ✓ Take your best guess – it's not a random stab in the dark because there are decreasing levels of probability implied in the choices. Make sure marks are not deducted for errors!
- ✓ Watch for typical traps – the words “always” or “never” in a possible answer usually signify that a choice is too narrowly defined to be the correct answer. Watch for double negatives “not unnecessary” translates to “necessary” and “not impossible” suggests “possible”.
- ✓ If there is time, carefully review the questions and answers to make sure you read everything correctly.

Taken from *How to Succeed at University (and get a Great Job!)* by Klassen and Dwyer
Available for free download at: www.ubcpres.ca/search/title_book.asp?BookID=299174910

Preliminary Exam Schedule

It's never too early to begin preparing for exams! The Office of the Registrar provides the most accurate final exam information in both the preliminary and final stages. In mid-October, visit the **Registrar's main page** (registrar.uwo.ca) and click on the **Examinations tab** to access the schedule.

When it's available, you can view your personal exam schedule by logging into your Student Center account and clicking on the **Personal Exam Schedule** link on the right side of the main page. Final exams for half-year courses are listed alongside some, but not all, mid-year tests for full courses.

Calling All Leaders

Each year the Faculty of Social Science in combination with SS Student Council hands out 11 awards valued at \$1,800 each.

To apply, you must be a full-time SS student (last year as well), have a minimum average of 70% and have demonstrated leadership on campus or in the community.

Deadline to apply is **November 30th**!

For more details, visit:

http://counselling.ssc.uwo.ca/awards/sssc_leadership_awards.html

Exams and Tests

With exams on the horizon, it's important to know what to do should you find yourself unable to write at the designated times.

Common situations students seek accommodation for:

Religious Days

Always check the exam schedule as soon as it is posted. If your exam falls on a Religious Day, give notice by completing the **Request for Accommodation** form located on the Academic Counselling website. The completed form must be returned to the Academic Counselling office by November 15 for mid-year (December) exams and March 1 for Spring (April) exams.

Examination Conflicts

Students with **three (3) exams** scheduled consecutively within **23 hours** must go to the Academic Counselling office immediately.

Examples are:

- 9 am, 2 pm, 7 pm on the same day
- 2 pm, 7 pm same day and 9 am following morning
- 7 pm followed by 9 am and 2 pm the next day

Illness and Compassionate problems

Understand academic accommodation will not be **automatically** granted if you are unable to meet your academic responsibilities based on medical or compassionate grounds. You must demonstrate that there are compelling circumstances that can be documented.

1. Check the course outline to see if the professor has a policy for missed tests/exams, late assignments or attendance.
2. Inform the instructor prior to the scheduled time of the test or exam. If you are unable to reach him or her, leave a message with the department.
3. Bring your request for accommodation to the Academic Counselling Office. Be prepared to submit documentation for your difficulties.
4. If you decide to write, be prepared to accept the mark. Rewriting tests/exams or having your grade reweighted on a retroactive basis is not permitted.



Sleeping in, Misreading the Schedule and Flight Arrangements are not grounds for Special Exams.