



Welcome LAMPers

Welcome to the LAMP Newflash! I am so excited to welcome you all to our bi-weekly newsletter and to the LAMP community. This newsletter will serve as a way to share information between our three teams, promote upcoming events and initiatives and celebrate our successes. If you even want an event shared please send me an email at mkkelly@uwo.ca. I am looking forward to a year filled with collaboration, excitement and innovation.

Office Hours

Once again, LAMP 1.0 office hours are underway in our new and improved space in UCC 251. The LAMP office is open Monday to Friday from 9:30 to 4:30 to all students looking for a place to work. Key reasons to visit the LAMP office; great place to work, hold a study group, ask a question to an upper year student, academic referral and learn about ways to get involved on campus. We have already tracked student attendance through our LAMP log on Career Central. Feel free to use the space as needed (and don't be afraid to use the time to connect with your fellow LAMPers!) Please note: LAMP 1.0 and 2.0 mentors are **NOT tutors**. We provide peer to peer support and resource referral but do not provide tutoring to students.

OLD LAMP Office



New LAMP Office



City Bus Tour

The LAMP Leadership Team had their first event for the year. Partnering with the Out of Province Student Association (OPSA), the tour was geared towards first-year students new to London (participants included students from Calgary, Beijing, Vancouver, China, Denmark, Hong Kong, and the U.K). The route included stops at St. Peter's Cathedral, Victoria Park, The Grand Theatre, Forks of the Thames, Budweiser Gardens, Labatt Park, Covenant Garden Market, the Western Fair Market and South London. Students had a chance to explore the markets and enjoy some great eateries.

Upcoming Academic Events...

CAREER WORKSHOPS

Career Workshop Series - Fall Term, 2015 *Students may attend all workshops. Register at www.westerncareercentral.ca

International Students

- Experiential Learning: Kickstart your Career! Volunteering, Internships & More Sept 23 (4:30 - 5:30)
- International Students – What you Need to Know to Get a Job Oct 5 (4:30 - 6:30)
- Immigration Work Regulations for International Students Nov 11 (4:30 – 6:00)

Effective Job Search Strategies

- Experiential Learning: Kickstart your Career! Volunteering, Internships & More Sept 23 (4:30 - 5:30)

- Resumes & Cover Letters: How to get the WOW Factor! Oct 1 (4:30 - 5:30)
- Skills Employers Want Oct 6 (4:30 – 5:30)
- Networking: Make the Most of Your Connections Oct 20 (3:30 – 4:30)
- Beat the Heat - Start your Summer Job Search now! Nov 26 (4:30 – 5:30)

Using Technology in Your Job Search

- Use Magnet to Connect with Employers Oct 8 (4:30 – 5:30)
- LinkedIn: I've signed up – now what? Oct 14 (4:30 – 5:30)
- The 2 Hour Job Search Oct 28 (4:30 – 5:30)

Graduating? Target Employers Effectively

- Get a Job after Graduation - Employers are Hiring Now! Sept 15 (4:30 - 5:30)
- Network to Success: How to talk to Employers Sept 22 (12:30 - 1:20)
- Resumes & Cover Letters: How to get the WOW Factor! Oct 1 (3:30 - 4:30)
- Networking: Make the Most of Your Connections Oct 20 (3:30 – 4:30)

First Impressions

- First Impressions: Dressing for Success Sept 17 (3:30 - 5:00)
- First Impressions: Interview Skills that Make a Difference Oct 7 (1:30 - 3:30) & Nov 2 (1:30 - 3:30)
- First Impressions: Your Personal Brand Nov 2 (2:30 – 3:20)

LEADERSHIP EDUCATION PROGRAM (LEP)

Registration for LEP 2015/2016 is now **OPEN!** For more information please visit www.lep.uwo.ca
 The Leadership Education Program (LEP) is a free program that provides Western undergrads with an opportunity to gain a wealth of knowledge that will help them become truly effective leaders. LEP is a series of workshops that cover three subjects: Individual Leadership, Group Leadership, and Community Leadership. Students receive a Letter of Accomplishment upon completion.

LEP is delivered in 15 workshops divided into three tiers.

Tier one (Individual Leadership) focus on skills the individual needs to be an effective leader with workshops on: communication, public speaking, self- management, campus involvement, etc.

Tier two (Group Leadership) focus on the skills a leader needs to effectively facilitate group processes with workshops on team building, facilitation, conflict management, etc.

Tier three is a service-learning placement in an organization of the student's choice, and is built upon the foundation of the earlier tiers while collaborating with teams and making an impact in the London community.

Successful completion of at least five workshops from a tier will be recognized with a Letter of Accomplishment in Individual Leadership (Tier One), Group Leadership (Tier Two), or Community Leadership (Tier Three) signed by Dr. Amit Chakma, President of The University of Western Ontario.

Upcoming Social Events...

HEALTH SCIENCE PROFESSOR MEET AND GREET

The LAMP Health Science team is hosting a Faculty Professor Meet & Greet! Come out on **Wednesday, October 7 from 12:30-2:30PM** to the **Visual Arts Building (VAC) 100**. Have your questions answered by various professors, learn more about the faculty and the classes offered, and meet fellow faculty students! There will be pizza!!

JOB SHADOW

Upper year students are encouraged to participate in the Job Shadow program run through the Student Success Centre. All interested applicants should submit an application **ASAP**. More information can be found here - http://www.success.uwo.ca/experience/job_shadow/student_page/index.html

Participating in Job Shadow gives you a chance to test-drive a specific job or employment sector to see if it is a good fit for your skills, interests and career plans. You may have the chance to speak to an individual in your 'dream job' and make a connection that helps define your future! Job shadow connects you with professionals in informal, but meaningful, ways and provides a 'sneak peek' into a work world that lies just beyond graduation.

Job Shadow experiences are provided by Southwestern Ontario employers and community members, and may last a half-day or full-day.

LAMP Team of the Month...

The team of the month for September...

BMOS

We would like to recognize the BMOS team for doing an extraordinary job so far in LAMP. Tramy and Karen, the BMOS team leaders, have shown a passion for LAMP and have completed tasks in a timely manner. Tramy and Karen go above and beyond what is expected from a team leader. The BMOS team

held their professor meet and greet on September 22, 2015 with a turn out of about 40 students! They ran a panel style meet and greet where the professors gave talks followed by some mingling. We are very excited to work with the BMOS this year. Keep up the great work!

HONOURABLE MENTIONS

Jin Liu – BMSc 2

"Jin has honestly been one of the best mentors I've seen so far, in all the time I've been with LAMP! He sends out emails weekly with tons of content, advice and personal experience and makes a special effort to reach out to his mentees. He made an outing of clubs week and had a group of students walk around the booths with him and I think he's also done another group social since then, and it's only been a few weeks. He also helped us organize and execute the Science Prof Meet and Greet with his mentees being the greatest number to show up. His mentees love him and Jin is a real sweetheart!"

Olivia Sehl – BMSc 1

"Olivia is a thoughtful and caring peer mentor who impressed us by excelling at her role and going above and beyond. Olivia did a wonderful job helping the TLs set up for the Professor meet and greet and clean up afterwards, and she was also great at keeping the mentees and professors actively engaged. At one point during the event, a mentee from another team became very stressed out about her courses and Olivia Sehl went up to her to provide reassurance and comfort, and useful advice. "



Featured LAMPper...

Hi everyone, my name is Haejo (Jo) Kim, and I'm currently pursuing a double major in physiology and psychology. My LAMP peer mentor inspired me to step foot into this amazing program, and is still my role model. I transitioned from being a First Year Leadership member, Peer Mentor, Leadership Chair, LAMP 2.0 Co-Coordinator, Team leader, and finally to one of the 1.0 Student Coordinators. Without LAMP, my university experience would have never been the same. I was able to share my story with like-minded individuals while making an impact in students' lives. LAMP served as a gateway for me to expand my experiences throughout the entire Student Success Centre; I became a VP of WSN, Career Leader, Employer Liaison, and participant in LEP and ASB. I would not have known about these experiences if it hadn't been for LAMP, so I encourage everyone to take advantage of the diverse connections you acquire through LAMP to make the most out of your experience. I watched LAMP grow rapidly over the years, and I can't be more proud to be a part of this engaging community. I'm already very touched by everyone's enthusiasm for this upcoming year, and amazed at what we've already

achieved as a team. I'm so excited to continue working with all of you to provide LAMP's services to the rest of the Western community!



Featured Resource...



STUDY is the undergraduate newsletter provided by Learning Skills Services. Here you will find an archive of past newsletters. To receive the **STUDY** bi-weekly e-newsletter via email, please email your subscription request to study-request@uwo.ca.

The Countdown Timer Challenge (Source: S.T.U.D.Y)

Being a couple of weeks into the academic year, you're likely starting to recognize the need to get moving on your readings, assignments, essays, and test preparation. Even though you know

there's a lot to do, it can be challenging to remain motivated and resist the temptation to procrastinate.

How much time is necessary?

Many students think they need a continuous 3 to 4 hour chunk of time to be productive. Sounds great in theory, but is this approach really practical? Isn't that amount of time a little daunting? No wonder we'd rather check email, read the news or re-organize our desk (again!). Having the expectation to work for hours on end is really a set-up for failure. Enter the countdown timer challenge.

The Countdown Timer

When sitting down to work, determine the total amount of time you would like to dedicate towards a task. Perhaps you feel 3 hours over the course of the day will suffice. Now break that total time goal into smaller blocks of time, perhaps 30 minutes. Use your smartphone and set the countdown timer for 30 minutes. When you begin to work, start the timer. If you need a washroom break or someone starts chatting with you, stop the timer immediately! Once you return to your work, you can restart the timer and allow it to count down. Therefore, 30 minutes of work will in fact be a legitimate 30 minutes of work! Once your 30 minutes are up, take a 5 minute break and then start the cycle over again until you reach your total time goal. What's interesting about this approach is it can help you become aware of the amount of time it actually takes you to complete 3 genuine hours of work.

Challenge yourself

If you're having a particularly difficult day, set your countdown timer for 10 minutes. You can do anything for at least 10 minutes, right? Then take a short break, and push yourself to complete 12 minutes for the next round.

The countdown timer challenge may offer the motivation you need to boost your progress and sustain it throughout the term. As midterms arrive, you will be able to enjoy the benefits of your continued productivity. Make progress every day, even when you think you only have 20-30 minutes! Every little bit counts.

Not sure if you're feeling up to the challenge? SDC's Learning Skills Services can help! Come to drop-in hours in room 4139 in the Western Student Services building to:

- Meet with a senior student from your faculty who understands the expectations and what it takes to do well
- Talk with a counsellor about strategies to help you get back on track
- Review your course notes and/or readings to help you identify what's important to learn
- Have a comfortable and friendly space to work independently and ask questions as needed
- Learn about other services that can help boost your learning potential



Opportunities...