



It All Adds Up

The LAMP team is excited to announce we will be participating in the 'it all adds up campaign'. This program aims to support mental health and student well-being. Details will be sent over the next few weeks. For more information about the campaign, visit <http://italladdsup.ca/>

Study Sessions

This year we are busy preparing and hosting several study sessions. Please post your event to our LAMP Study Sessions Facebook Page (<https://www.facebook.com/groups/336234663220073/>). This is an easy way to keep these events organized and not overload our 2015-2016 staff page. Share the address with your mentees in your weekly emails and encourage them to join. This will ensure that everyone is up to date on what sessions are being offered.

Nominate a teammate!

I know that everyone who is part of this community is passionate, engaged, and eager to help others. I also know that it is important to acknowledge our teammates and to celebrate those who consistently work hard to engage with others. We have created a form where anyone can nominate an individual for an honourable mention in this newsflash. Please take the time to nominate someone from your team! https://docs.google.com/forms/d/1dUWAv9qEJj0mqE9REi_RgCpgcnkiHEdPAfbdMeVuqUs/viewform

Upcoming Academic Events...

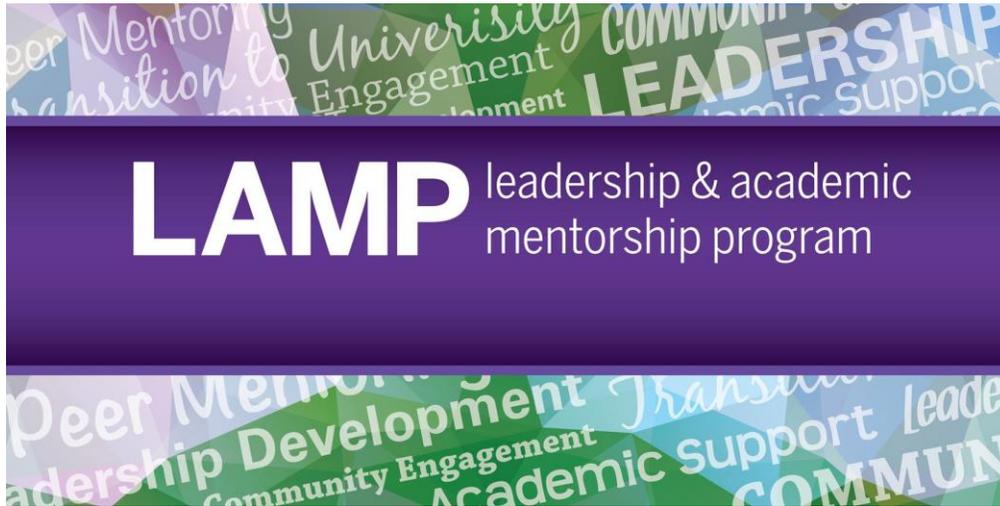
CALCULUS 1000A STUDY SESSION

Wednesday October 21st 7:00 – 9:00pm

UCC 41

LAMP presents the Calc 1000A study session! So your Calc exam is coming on Friday and we would like to open up a study opportunity. Bring your own materials and we will bring some of your TAs who will

come out and answer your questions! Treat this as a study block if you will and do all your practice problems and exams!



PSYCHOLOGY 1000 STUDY SESSION

October 19 - 23

LAMP presents the Psych 1000 Study Session! We are trying something new this year as we will be having a Reddit Q&A Session! This is how this will work:

1. You can comment on the thread below with your questions (kind of like a Facebook post)
https://www.reddit.com/r/uwo/comments/3pfw44/lamp_psych_1000_study_session/
2. Next our awesome LAMP mentors will reply to your questions! You will be able to ask questions (and get them answered) for the entire week until Friday, October 23rd.

HOW TO STUDY FOR AN ESSAY EXAM

Tuesday October 27th 5:30 – 7:00pm

Weldon 258

Come find out how to ace those daunting midterm tests with a workshop and presentation hosted by FIMS and Arts and Humanities LAMP teams.

Students from any faculty are welcome!



LIBRARY

Upcoming Social Events...

OPERATION CHRISTMAS CHILD

The **LAMP Leadership Team** is proud to bring you Operation Christmas Child!

Operation Christmas Child brings joy and hope to children in desperate circumstances around the world through gift-filled shoeboxes. These shoeboxes transcend all barriers – language, culture, geography and politics to give hope to children in need around the world.

Join us in filling shoeboxes with toys, hygiene products, and school supplies as a gift for children around the world this Christmas!

On October 21, 23, 26, 28 and November 3, 5, 9, 11, 13 we will be set up in the UCC Atrium to accept \$5 donations. You can indicate whether you would like to sponsor a girl or boy to personalize your gift!

A collection bin will also be available for those who just want to donate and drop off some items. Any donations are welcome and will be sorted and packaged into shoeboxes personally by our team!

If you are interested in packaging your own box, come by on November 9th, 11th or 13th to help the LAMP team fill the boxes or drop off some last minute donations!

Learn more about Operation Christmas Child here: <http://www.samaritanspurse.ca/rss/operation-christmas-child/resources/about-this-project.aspx>



ALTERNATIVE SPRING BREAK (ASB)

Alternative Spring Break applications are due **TODAY** at 11:59pm!

ASB 2016 is an opportunity for students to connect with their peers, staff, faculty, the London community and communities across the globe. You will participate in a one week Community Engaged Learning experience during Reading Week or at the beginning of May to connect real world situations to your academics, future, personal and career goals, and to develop skills that employers are looking for when hiring. Whether you are looking to teach English, learn about urban farming practices or ecotourism, or act as triage support in a pop-up medical clinic, you'll find an ASB experience that suits you in one of the 11 locations. Apply by 11:59pm on October 20 via CareerCentral.



ALL OUT WITH KEVIN AND ALEX NEWMAN

Tuesday, October 27, 2015

2:00 p.m. - 3:00 p.m.

McKellar Room, University Community Centre, Western University

Please join Western Alumnus Kevin Newman, BA'81 and his son Alex Newman as they discuss their new book All Out.

Can a man with a demanding job really be a good father? Kevin Newman and his son, Alex, explore the cost of career success to a father and son relationship in the context of Alex's coming out in their newsworthy autobiography.

As co-host of Good Morning America, founding anchor of Global National, and currently anchor/correspondent at CTV News, Kevin Newman has been a familiar face to television viewers in Canada and the US for decades. As an Emmy Award-winning network news correspondent, he has travelled the world, and reported from hotspots such as Iraq and Afghanistan.

Alex Newman, art director at J. Walter Thompson Toronto, has won numerous awards, including the Gold Medal in the Cannes Young Lions competition, one of the ad industry's highest honours. In 2014 he was named one of Canada's Top 30 under 30 by Marketing Magazine.

**LAMP Team of the
Month...**

HONOURABLE MENTIONS

Helen Phan, LAMP 1.0 Peer Mentor Health Science (Nominated by Christine Tran)

“Despite having an exam the next day and being extremely sick, Helen stepped up to be a large part of planning the Health Science Meet & Greet. She took on many roles and even came early in the morning to help assist in the setup of the event.”

Ena Mulalic, LAMP 2.0 Peer Mentor Engineering (Nominated by Jason Ng)

“Outstanding contact with mentees, regularly attends all events, gives feedback every week on how to improve the LAMP program within our faculty”



Featured LAMPPer...

Hey LAMPers! I am Jeremy Ho, a 3rd year Med Sci student. I have been involved with LAMP since my first year as a First Year Leadership member then a Leadership Chair, and now a Leadership Chair Coordinator. Having been on the leadership side of LAMP for 3 years, I have developed a passion in developing student leaders to run large-scale events that I would not be able to accomplish outside of LAMP. LAMP has welcomed me into their family since Day 1 when I was having difficulty with transitioning to university, equipping me with interpersonal and leadership skills that are pertinent to my future endeavours. Over the years, I have watched the great potential of LAMP come to fruition and I am thrilled to have supported the growth of this student network. This year will be a big year for LAMP, especially for the Leadership side - expect many initiatives that will further put LAMP on the map at Western! I am looking forward to working with everyone to keep growing LAMP!



Featured Resource...



LearningSkills

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.

Study Groups (Source: S.T.U.D.Y)

Studying in a group can have many benefits!

Motivational Support: Study groups can motivate you into a studying mindset, and can be a source of encouragement when you find that your motivation is slipping.

Accountability: You may become more committed to studying because your group members will be counting on you to come to each study session prepared.

Ask Questions: Are you reluctant to ask questions in class? You may feel more comfortable inquiring about confusing or complex course material in a small study group.

Share Knowledge: There is strength in numbers; group members may have different interpretations or understandings of course material and these new insights may help you learn a concept more clearly than you would have studying alone. Likewise, difficult math problems may be solved more effectively as a group.

Improve Class Notes: You can compare your class notes with your study partners to clarify information and fill in any gaps.

Teach Others: Teaching or explaining information to others is a great way of reviewing and assessing your understanding of course material. Additionally, teaching others can help to reinforce your mastery of the information and build confidence.

Acquire New Skills: Each person brings different strengths to a study group, such as organizational, note taking, and problem solving skills. By participating in a study group, you have an opportunity to learn new study habits from your peers.

It is important to set guiding principles and expectations such as the following:

** Commit to attend, prepare, and be on time for meetings. * Stay on task. * Actively listen to each other without interrupting. * Be respectful of diverse perspectives and learning approaches. * Work collaboratively to resolve any conflicts or concerns.*

Is a study group for you?

We all have individual learning styles and preferences, and study group learning may not be a good fit for everyone. Be sure to assess whether your study group is contributing to academic success. A study group can be useful for those who learn well actively, but less useful for those who tend to get distracted by social temptations and/or are not well-prepared. Also, a study group may work well for some courses but not others.



Opportunities...