



It All Adds Up

This initiative will be running from November 2 – 6th in UCC 251 and the UCC atrium. The aim is for students to reflect on all of their hard work and acknowledge what it all adds up to. I want to not only encourage all of you to participate, but also see if your mentees have an interest in taking a photo in the LAMP office. It will be shared via Instagram using the hashtags #italladdsup and #westernu. Event details can be found here - <https://www.facebook.com/events/1509687789356052/>

IT ALL ADDS UP

Classes, research positions, club membership, volunteering and so much more!

Take a moment to consider all you have accomplished so far, and what you hope to achieve in the future.

Join us from November 2 - 6 to share your story.

For more information, visit italladdsup.uwo.ca

 **The Student Success Centre**
careers leadership experience
a program in the Student Experience portfolio

The graphic features three photos of students: one group of three women looking at a laptop, one woman talking to a man, and a group of four students in a meeting.

Calculus 1000 Review

This past week, several study sessions were held. The picture was taken during the Calculus 1000 review! Make sure you are tracking a rough estimate of how many people attend and take pictures when possible.



LAMP Merchandise

Your student coordinators will be meeting this week to discuss some kind of LAMP merchandise available to all of your LAMPers out there in the Western community. I proudly wear my I love LAMP sweater from last year. We are looking at creating something that is cost effective for the entire team. Stay tuned for details!

Upcoming Academic Events...

CHEMISTRY 1301A STUDY SESSION

Thursday November 5, 6:00 – 8:00pm

UCC 56

With the second Chemistry midterm is just around the corner, the Leadership and Academic Mentorship Program is proud to present our Chemistry 1301A Study Session!

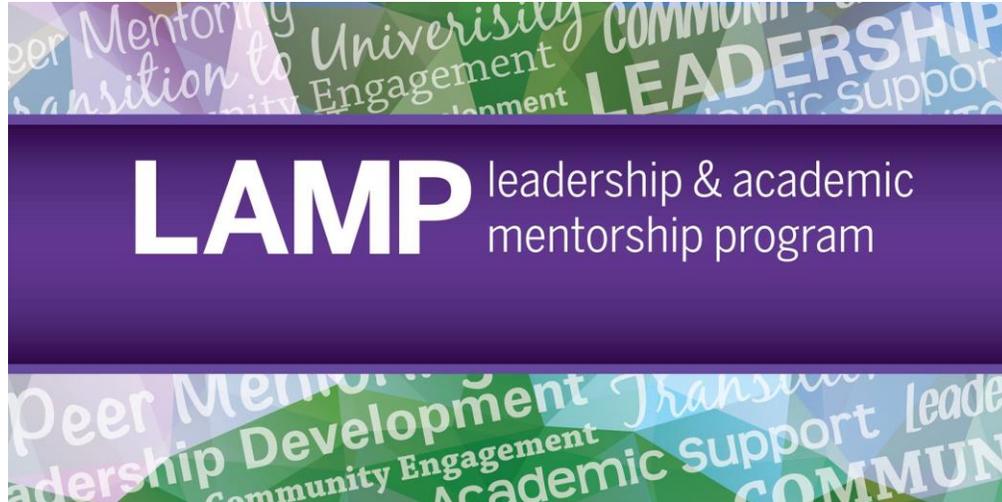
As upper year students who have taken this course before, we want to help YOU ace this exam by honing your problem-solving skills in each of the covered topics. Join us at our study session to work through timed practice problems (mock-exam-style), with accompanying answer walkthroughs by our knowledgeable LAMP mentors, to put your knowledge to the test. We'll also have mentors ready to provide additional assistance at the end of our session, so bring along any materials that you have questions about and we'll be happy to help out :)

In addition to our study session, be sure to check this event page regularly for our daily practice problem set! We'll be posting a new set every day (along with answers for the previous set) starting Tuesday, November 3. Also, if you have any questions prior to the session, post them below and our mentors will

get back to you ASAP!

Hope to see you there :)

Event Page - <https://www.facebook.com/events/1641819709418982/>



ADD/DROP

Thur NOV 5. First term course DROP DEADLINE

Last day to drop a first term half course (A or F) without academic penalty (WDN). Late drops are considered failed attempts.

Things to Consider:

http://counselling.ssc.uwo.ca/procedures/adddrop/things_to_consider.html

If you need more information, please contact your Academic Counselling office

<http://www.westerncalendar.uwo.ca/2015/pg12.html>

Upcoming Social Events...

CAREER WORKSHOPS

First Impressions: Your Personal Brand - Friday, Nov 6, 2015 2:30 PM to 3:30 PM

Join Chris Baker, Director of Initiatives for Freedom 55 Financial, as he touches on some of the important first steps in your job search: social media etiquette, networking, and how to effectively promote your personal brand. Learn how to present your best self.

Immigration Work Regulations for International Students - Nov 11, 2015 4:30 PM to 6:00 PM

Learn details on Canadian immigration regulations, whether you are working on or off-campus or starting your career after graduation.

Resumes & Cover Letters: How to get the WOW Factor! - Nov 12, 2015 4:30 PM to 5:30 PM

Learn how to create resumes and cover letters that will effectively communicate your skills. Join us to find out the “rules of resumes” as well as get a chance to practice putting your accomplishments in writing. Don’t just make a resume – make it stand out!

Beat the Heat - Start your Summer Job Search now! - Nov 26, 2015 4:30 PM to 5:30 PM

It may be cold outside but summer is coming. Summer work builds your resume, gives you exposure to specific occupations, can provide a steady income, networking opportunities, and invaluable experience when you look for full-time employment in the future. Get ahead of the pack and start your summer job search now!

Registration at www.westerncareercentral.ca is required.

Hack Western 2

Nov 27, 2015 05:00 PM to Nov 29, 2015 05:00 PM

Western Campus (location TBD)

Hack Western is a student-run, all-inclusive 36-hour event where students of all backgrounds from across Canada gather at Western University to create and innovate. Hack Western provides a welcoming atmosphere for students to create and learn about all kinds of incredible technologies. Whether it's a mobile app, a hardware project, a web application or some combination of all three, there's a good chance you'll see it at Hack Western

Visit <https://hackwestern.com> for details

The Mask You Live In

Tuesday November 3, 7:30 – 10:00pm

The Mask You Live In presents the personal narratives of young boys and men and features experts in neuroscience, psychology, sociology, sports, education, and media, further exploring how gender stereotypes are interconnected with race, class, and circumstance. The Mask You Live In ultimately illustrates how we, as a society, can raise a healthier generation of boys and young men.

For more information about the film: <http://therepresentationproject.org/film/the-mask-you-live-in/>

The screening will be held at the Arthur & Sonia Labatt Health Sciences Building, on the Western Campus, in room HSB40. Parking is available in the South Valley parking lot next door (\$6, coins only), as well as Pay & Display parking around campus.

Doors: 7:00pm | Screening: 7:30pm | Panel Discussion: 9:00pm

Following the screening there will be a panel discussion where we can explore some of the issues raised in the film, field audience questions and examine possible next steps to address issues of gender and identity.

Proceeds from the screening will be donated to Changing Ways, which is a United Way organization dedicated to helping men eliminate their abusive and violent behaviour in their primary and intimate relationships.

Snacks will also be sold at the screening to raise money for the FIMS United Way Campaign.

We look forward to seeing you at the screening and engaging in this important topic! Limited remaining tickets will also be sold at the door for \$7.



The team of the month for October...

Arts and Humanities!

The Arts and Humanities team has been outstanding. Team leader Elaine is constantly motivating her team to deliver the best service to first years. She leads by example by taking an active role in LAMP. She has connected with the academic counsellors in a timely manner, keeps accurate tracking records, and continues to brainstorm novel ideas! The TL and mentors are always ahead of the game, and actively seek out alternative solutions to any issues that arise. They have recently collaborated on an Essay Help Session with FIMS (Team leader Erica), where they delivered quality presentations to the first years. We are so excited to see what more this team can do!

HONOURABLE MENTIONS

Leslie Stone, LAMP 2.0 Peer Mentor Health Science (Nominated by Bhavya Jani)

“She has gone above and beyond the duties of the role and it is evident through her actions that she truly has the Mentees' best interest at heart. “

Sharon Ling, 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 LAMPer...

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)

Boost Your Academic Performance with Meditation

In recent years we've become increasingly aware of the role meditation plays in reducing stress, enhancing mood, and overall benefits in quality of life. But what about academic performance? Can regular meditation increase academic success? The answer appears to be YES!

Here are some of the **benefits of meditation** that have been linked to academic performance:

Better focus

Decreased academic stress and anxiety

Improved academic achievement (measured through course grades)

Rise in IQ levels (creative thinking, practical intelligence, and fluid intelligence)

Better brain integrity and efficiency

Increased happiness and confidence

Reduced sleepiness

Learning to Meditate

Meditate with apps. There are numerous free and very inexpensive apps that have guided meditations and timers. The guided meditations typically have a vocal track to help you learn what to do. Some of the timers have sounds (like wind, rain or ocean sounds) without a vocal track, so you can customize it to whatever you like. For example, *Insight Timer* allows you to customize the duration of the timer (even 3 minutes can seem long for beginners!). This app also provides hundreds of meditations of varying lengths and styles, and shows a real-time count of how many people are meditating around the world! Another favourite is *Meditation Oasis*, which allows you to choose ocean, rain, stream, or music sounds. You can choose a 7-minute work break meditation or a 13-minute stress-relief session. You may wish to try a variety of options and then choose the ones that you like best.

Meditate in a group. SDC's Psychological Services offers Mindfulness Meditation Drop-in Sessions. View current and future offerings here: <https://studentservices.uwo.ca/secure/workshops/psychGroups.cfm>

References:

Meditation improves academic performance, at every school level. <http://tmhome.com/benefits/school-performance-tm-meditation/>

10 benefits of meditation for students. <http://tmhome.com/benefits/10-benefits-of-meditation-for-students/>



Opportunities...

Social Science Students' Council Leadership Awards

Value: 11 at \$1,450 each

Awarded annually to full-time undergraduate students registered in the Faculty of Social Science (main campus) in the previous year and who are currently registered in the Faculty of Social Science (main campus) in their second, third or fourth year, with a minimum 70% average. Students will be selected based on their demonstrated leadership and participation in extra-curricular activities on campus and/or at the local, national and international levels.

To apply, students must submit the application (see below) outlining their qualifications based on previous and current years, indicate if he or she was also engaged in paid employment during the

relevant time period, and include two letters of reference. Due date is **November 30**. The scholarship committee for the Faculty of Social Science will select the recipients, with a preference for distributing awards to students across departments and programs in the Faculty of Social Science (main campus). A student may receive this award once during their undergraduate studies in the Faculty of Social Science at Western.

The application can be found here - http://counselling.ssc.uwo.ca/awards/sssc_leadership_awards.html