



Let's End Impaired Driving

LAMP is proud to celebrate this event which ran last week. It was planned under the LAMP Leadership Team and the First Year Committee. Students visited the booth, took pictures, and had access to materials provided by MADD Canada. Thank you to everyone who helped with this campaign.



Calculus 1000 Review

Five mentors from both the BMSc and BSc team led the Calculus Study Session on Wednesday, October 21st. This year, a new idea was implemented by inviting Calculus Teacher Assistants to help out at the session. The reason for collaborating with TAs is to provide students who cannot go to the Help Centre during the day with another opportunity to ask TAs and mentors questions. The mentors were successful in getting one TA to help. At the session, important topics and equations were written on the board for students by mentors. Students then received one-on-one help from both the TA and mentors. The session also offered a quiet study space for students who did not want to study alone. About 35 to 40 first year students attended and benefited from the session.



LAMP Merchandise

Only 6 more days to purchase your very own I heart LAMP shirt for 2015/2016. They cost only **\$15.50 per shirt** and come in a variety of sizes. I've attached the mock up design. Details about the material can be found here - http://www.imprintableclothes.com/specsheets/GILDAN_2400.pdf

In order to purchase your shirt, please log on to www.westerncareercentral.ca

Under My Account, there will be a tab called LAMP Store. Simply log on to the store, select your size, method of payment and follow the instructions.

Deadline to order: Monday November 23rd at 11:59pm.

Looking forward to seeing LAMP all across campus!



Upcoming Academic Events...

WURJHNS Summer Research Workshop

November 18, 2015 6:30pm

Natural Science 7

The Western Undergraduate Research Journal (WURJ) is back with its annual summer research workshop!

Have questions about how to get a research position this summer? Not sure how to get your foot in the door? Don't know when to start? Or you don't know if you want to spend your summer doing research?

WURJ's Summer Research Workshop has got you covered! We'll be answering all those questions as well as giving you a few tips on how you can get your research journey started this summer! This workshop is open to all years – it's never too late to get yourself started!

A guest from the Biochemistry Club will also briefly talk about the biochemistry summer stipend at Western.



Upcoming Social Events...

Arts and Humanities Presents A Night At The Movies

Nov 19, 2015 7:00 – 9:00pm

UCC 251 (The LAMP Office)

The Arts and Humanities LAMP team is excited to host a movie night in the LAMP Office (located in UCC 251) on November 19th! All students are welcome to join! We encourage you to wear your finest sweat pants, flannel pajamas, and pack a cozy blanket. Bonus - snacks and juice will be served! So come on out, bring your friends, floormates, or roommates, and enjoy a much deserved break from all that hard work you've been doing!

Event Details: <https://www.facebook.com/events/1018675408153241/>



Bubble Soccer

November 20th, 2015 3:30 – 6:30pm

Thames Hall Gym

Bubble Soccer is coming back to Western this Friday, November 20th from 3:30-6:30pm for only \$12.00/person. All proceeds go to the Heart & Stroke Foundation. To sign up for teams of at least 8, message us or email us at heartandstrokeuwo@gmail.com. Don't miss out on one of the best events of the year!

Event Details: <https://www.facebook.com/events/455986331261589/>

International Week

November 16 - 20

International Week at Western is held annually in November as a campus-wide celebration of all things international. Check out all the awesome events lined up for the full week at <http://www.internationalweek.uwo.ca/schedule.html>



Explore your
#globalwesternu
this November

INTERNATIONAL WEEK 2015
NOVEMBER 16-20

LAMP Team of the Month...

HONOURABLE MENTIONS

Mohammad Jay, LAMP 2.0 Student Coordinator (Nominated by Carol Alazki)

“He works really hard and I think he deserves it!”

Jenn Baswick, LAMP 1.0 Peer Mentor Kinesiology (Nominated by Cadence Baker)

“Jenn is very dependable and does a great job prioritizing her role with LAMP. She never requires reminders and is very prompt with everything she does. Jenn never fails to go above and beyond.”

Featured LAMPPer...

Hi all the LAMPers! My name is Kayla Kim, and I am in my third year in nursing hoping to become a pediatric registered nurse in the future. It's my third year being involved in LAMP. I started off by being a LAMP First Year Representative, LAMP Leadership Chair, and now I am a LAMP Leadership Chair Co-coordinators. LAMP has been a very important part of my university life. As a student in a small and specialized program, LAMP opened a lot of doors to improve my leadership skills and enabled me to learn things that I cannot learn from lectures and labs. I've made great friends, and I would have not been able to work with a lot of motivational people if I wasn't part of LAMP. Most importantly, as a

member of the leadership team, I was able to implement great event ideas that impacted a lot of new mustangs, upper years, and the university network in innovative and fun ways. It's so great to see how this program is growing bigger each year and playing an important role for this university and the local community. I am so proud of being part of this one big family, and let's hope and work hard to make this year the best!



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)

What to Do if you Blew an Exam

Dr. Stephen Chew, a professor of Psychology at Samford University, has created a series of videos on YouTube which help students learn how to be successful. Video 5 is titled, "I Blew the Exam, Now What?" and has helpful information for making improvements on exams. Watch the full video via this link: <https://www.youtube.com/watch?v=-QVRiMkdRsU&feature=related>

Dr. Chew advises to not be the student who...

- Keeps studying the same way, hoping to improve.
- Waits until the end of the semester to ask for help.
- Skips class to focus on other classes.
- Falls further behind waiting to find time to catch up.
- Crams at the last minute.
- Doesn't do assignments because they are small or late.
- Panics & gives up.

If students take positive steps right away, they can see improvements the next time:

1. Examine how you prepared. Be honest with yourself. Did you give yourself sufficient time for study and review? Did you go to class and pay attention? I have students who think there is some kind of magic short-cut which will allow them to not do all of the work, and still make a passing grade.
2. Review the exam to see what you missed. Diagnose what went wrong and how to change for next time. For example: Were mistakes spread across topics, or on one topic? Did you follow all instructions? Misinterpret any questions? Compare errors on the exam with your notes: Had you recorded the information needed to answer the question? Learn the level of detail your professor expects, and prepare to that level.
3. Talk with your professor. Faculty are most willing to help students who are taking steps to help themselves, like reviewing exams and being open to trying new ways of studying.
4. Examine your study strategies to see if they are effective or not. Good strategies take effort and deep thinking. Bad habits can also be effortful, but not requiring deep processing (such as recopying notes without really thinking about them or organizing them).
5. Develop a plan for better preparation and study to improve scores.

•SDC's Learning Skills Services can help! Call or drop by – we'd be happy to meet with you and come up with a plan for success!

Opportunities...

Alternative Spring Break

There is still time to apply for and participate in Alternative Spring Break 2016.

Applications are open for Round 2. If you are interested in connecting with your peers, staff, faculty, London and communities across the globe, please take the time to complete an application on CareerCentral.

Spaces are still available for our Homelessness and Good Security themed trip in Winnipeg, our Disaster Relief and Social Change themed trip in New Orleans, our Education and Transformative Learning themed trips in Dominican Republic and Nicaragua, our Community Development themed trip in Peru and our Urban Farming and Sustainability themed trip in Thunder Bay. All trips take place during Reading Week, with the exception of Thunder Bay which takes place May 7-14, 2016.

More information can be found at asb.uwo.ca or emailing askasb@uwo.ca with questions.

Applications will be assessed on a first come, first serve basis.

Best Regards,
Melissa Ostrowski
Global Experiential Learning Coordinator

3M National Student Fellowship

The Call for Nominations for the 2016 3MNSF is open. Please see the information at <http://www.stlhe.ca/awards/3m-national-student-fellowship/>

The 3M National Student Fellowship honours up to ten full-time college and undergraduate university students at Canadian institutions who have demonstrated outstanding leadership in their lives and at their college or university. These students embrace a vision of quality education that enhances their academic experience and beyond.

Nature of Award

Each cohort member will receive an award of \$5,000 to be spent at their discretion. Further, each cohort member will be invited to join the others at the annual conference of the Society for Teaching and

Learning in Higher Education (STLHE) in June, where they will also participate in a 3M National Student Fellowship Program retreat. Awardees will receive a contribution towards their cost of travel to and accommodation during the conference. While at the conference, they will have the opportunity to develop a cross-Canadian collaborative project with other cohort members with the goal of enhancing teaching and learning at the post-secondary level.

Applicants must submit a hard copy of their complete application package to Jana Luker, Associate Vice-President Student Experience, by **4:30 on January 18th**. Packages can be dropped off in **Room 2120** in the Student Services Building.

If you are interested in submitting an application, help is available! Send me an email at mkkelly@uwo.ca for more information.