



Let's End Impaired Driving - Update

This letter is for everyone who has showed support on behalf of the Christidis family:

"Thank you to everyone else involved with the LAMP FYC campaign, for the beautiful framed photo that you presented to our family at yesterday's memorial, the university tribute to our beautiful angel Andrea. We kept seeing all the postings of the whiteboard messages on different social media and we were profoundly affected by the messages extended in Andrea's honour as a real example of what happens to an innocent person when another person makes a decision to drive after they've been drinking. Your amazing effort for awareness to end impaired driving with the real and heartfelt messages about Andrea's death has truly affected us and moved us to tears to think that total strangers would care so much about our feelings and the loss of a beautiful and intelligent and loved girl. You allowed an entire student community to express their sadness over Andrea's senseless death and created so much awareness about it - with real demands for preventing another accident like this ever happening on campus again. You made it real! This is what happens when you drink and drive. The tragedy of Oct 7th is real and so many lives are changed forever!!! Including mine her Father's and her grieving and shattered sister and grandparents and cousins and so so many friends like Thomai and Yasi who are so shattered and grieving the loss of their childhood friend.

Your campaign made it real for students to send their message out there that a highly intelligent first year Health Sciences student who was walking home from a study lab was killed, one month after starting university. She is dead and all her hopes and dreams have died as well. Why? This is the question that moral and intelligent people should ask themselves and you have helped fellow students ask this question about Andrea, and then think again about impaired driving. How else can change ever be achieved regarding drinking and driving if it does not become real for people and does not touch upon people's moral compass? Only when they can empathize; when they feel the pain close by can people really reflect on this serious social problem. Only then can we truly prevent another senseless tragedy like this from happening again. Thank you from the bottom of our broken hearts."

-The Christidis Family



Office Hours

Office hours will officially **end next Tuesday December 8th at 4:00pm** for 2015. On **Wednesday December 9th**, there are a number of de-stress events happening in the UCC (and all across campus). I need student volunteers to help with LAMP contribution. From 10am to 4:00pm, we will be handing out exam survival kits out of the LAMP office. As well, we'll have some board games/Wii available in the LAMP office for anyone looking to take a break. I'm hoping to have 4-5 students sign-up on that day in 2 hour shifts to help hand out survival kits and play some games with students. If you are interested, please sign-up via this google doc!

<https://docs.google.com/document/d/1NeDmZbIPNhDIFIV460Y6aOq8XMI4L5SUBIMtAiyT-10/edit?usp=sharing>

LAMP Night at the Movies

On Thursday November 19th, The Arts and Humanities Team escaped the chilly autumn weather and anxiety of exams with its de-stressor event, "A Night at the Movies," in the LAMP Office! It was a fantastic evening, all around. Homemade cookies, popcorn, hot chocolate, and Twizzlers were served, as we relaxed, kicked back and enjoyed the magical world of Harry Potter! We had the chance to mix and mingle with some fantastic first year students and cannot wait to host another event in 2016!



Study Space

Starting Thursday December 11th and running until December 22nd, the LAMP office will be available for anyone to use as a quiet study space. Feel free to use the space! Please continue to keep our office clean and tidy. Anyone is welcome to use the room!

Additional Space for Studying;

The following study rooms will be available **December 7 - 19 from 7:00am - 11:00pm**

B&GS 1056

MC 17

NCB 285

NCB 296

SEB 1056

SEB 1200

SH 3355

TC 341

TC 342

TC 343

UC 137

UC 212

UC 286

UC 289

WL 257

WL 258

WL 259

Upcoming Academic Events...

CAREER CONFERENCE

January 23, 2016

There's no course for "Life after WesternU" and it's coming sooner than you think. No time to fit career prep in? Give us one day and make a start.

Western's Annual Career Conference being held on January 23rd, 2016 has been designed to address a variety of your career concerns. No matter where you are in your career, we have something for you. Sessions have been tailored for undergraduates, graduate students and alumni!

Registration opens on December 14th, 2015. Visit careerconference.uwo.ca for details.

Upcoming Social Events...

THERAPY DOGS

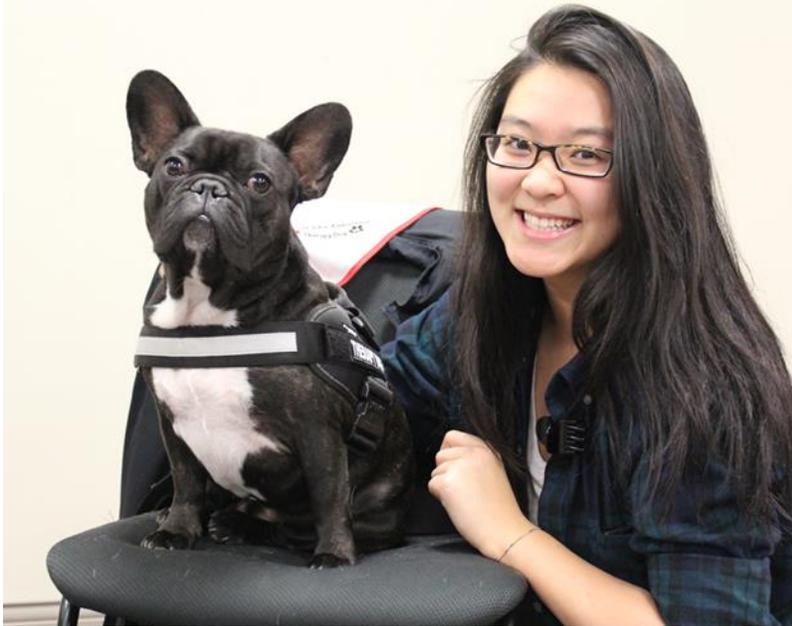
December 9, 2015

2:30 – 4:00pm Mustang Lounge East

The St. John's Ambulance **Therapy Dogs** ARE BACK!

They're here to help you de-stress and take a study break on **WEDNESDAY, DECEMBER 9th, from 2:30 - 4:00PM** in the **UCC Mustang Lounge East!**

Please see the attached images, or check out [this Facebook Page](#) for more information!



The Student Success Centre
careers leadership experience

PURPLE PEP TALKS

LAMP is participating in a new initiative to campus. You may have noticed the large piece of paper hanging in the LAMP office. This paper is intended to give us all a boost by offering some words of encouragement. Feel free to write something to your fellow classmates. I've included a few details below about this program.

Western is a community of caring people.

Exam season can be a stressful time. Let's build on our culture of caring and show our classmates, students, friends and co-workers that we're in this together and help reinforce a campus community where everyone matters.

What is #purplepeptalk?

Share your #purplepeptalk using Twitter or Instagram, snap it to a friend, or get old fashioned and write it up on one of the pep walls popping up all over campus. Whether you are a student, staff, faculty member, parent or a Western alumnus, share your messages of encouragement, self-care strategies, stress tips, etc. with our community and support everyone to the other side of finals!

Let's take care of each other, and remind ourselves that there's someone here for every Mustang to reach out to.



LAMP Team of the Month...

HONOURABLE MENTIONS

Cavin Hayer, LAMP 1.0 Peer Mentor BMOS (Nominated by Tramy Duong)

“Takes initiative for BMOS study sessions. Emails are nicely done. Great teamwork skills.”

Hannah Litchfield, LAMP 1.0 Peer Mentor Arts and Humanities (Nominated by Elaine Yu)

“Hannah always puts 110% into LAMP. Her weekly emails are full of encouragement, support, and lots of pretty pictures! She takes the initiative whenever it is needed, such as in planning A&H LAMP's movie night. She's also amazingly supportive of her fellow mentors. Our team would not be complete without her!”

Featured LAMPper...

Hello, my name is Victor Carranza and I am currently in my fourth year of mechanical engineering at Western. During the course of my years here at Western, I have been involved in the LAMP program as a mentee, peer mentor, team leader and now one of the Student

Coordinators for LAMP. LAMP has helped me grow as an individual and as a leader. I have learned many skills to help me establish my career and grow as an individual. My first year at Western was rough and a life challenging experience. With the help of LAMP and other programs at Western, I learned to balance my social life and school work. LAMP provides a sense of community for first year students and helps them feel welcomed to Western. It is rewarding to see how LAMP is growing each year and how big of an impact it has on students. I feel honored to be part of this program and I hope everyone feels the same way! Good luck on your exams ! 😊



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)

Singletasking: Focusing Longer than a Goldfish

I'm almost certain you've heard of "multi-tasking." I'll even bet that you attribute some positive value to the term, thinking that the ability to do multiple things at the same time leads to productivity and efficiency. But guess what? Studies have shown that multitasking actually leads to lower productivity compared with focusing on one thing at a time, which is called SINGLETASKING. Even worse, multitasking may even lower our IQ and shrink our brains.* Yikes!!

Try singletasking instead. Here are some ideas taken from Devora Zack's book:

1. Accept that your brain is not built to multitask.

Your brain is incapable of simultaneously processing separate streams of information from multiple tasks. What you're really doing is task-switching—moving rapidly and ineffectively between tasks.

2. Build up your concentration.

How often do you meet someone and instantly forget her name? Your mind was distracted—preoccupied with something else entirely. Singletasking isn't only about getting things done. It's also about developing focus.

3. Control your environment.

It's up to you to "build fences" to keep potential distractions, such as noise and pop-ups, at bay. Rather than blame technology and your family or colleagues, take control of your space and gadgets. Mute all chimes, ringers, and pings, and turn off visual alerts and social media messaging.

4. Immerse yourself in one thing at a time.

Singletasking obliges you to do one thing at a time—excluding any other demands at that moment. So stand your ground and fully commit to your present choice. You don't have to complete every task all at once, just the current period of time dedicated to it.

5. Manage extraneous thoughts quickly and systematically.

Singletasking doesn't require you to discard distracting thoughts. Instead, it provides simple systems to set them aside until you can redirect your mind. One technique is to "park" other ideas in a designated spot, such as a notes page on your smartphone, and then quickly return to the current endeavor.

6. Cluster related tasks.

Does reading and replying to texts, emails, and social media messages lure you away from more important projects? Then practice clustertasking—a technique whereby you bunch related tasks into specific segments during the day.

7. Carve out regular time for quiet reflection.

The average human attention span is eight seconds—one second less than the attention span of a goldfish—reports the National Center for Biotechnology Information. In a noisy world with 24/7 news, you're bombarded by distractions as, unfortunately, your brain becomes trained to avoid quiet reflection. So next time you're "busy" surfing the Web, ask yourself if you're really just sidestepping solitude or introspection.

Feeling up to a singletasking challenge? Watch this video:

<https://www.youtube.com/watch?v=Edx9D2yaOGs>

Sources:

<http://inspiyr.com/stop-multitasking/>

*Zack, D. 2015. Singletasking: Get More Done-One Thing at a Time. Berrett-Koehler.

<http://www.statisticbrain.com/attention-span-statistics/>

Opportunities...

Alternative Spring Break

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

It is not too late to apply to and participate in ASB 2016. Applications are open on [CareerCentral](#), and will remain open until the spaces available on the Winnipeg, New Orleans, Dominican Republic, Nicaragua, Peru and Thunder Bay experiences are filled. ASB is a great way to connect with peers, the London community and learn more about critical societal issues. Reach out to friends on campus, and hear first-hand from past participants about the program. There have been over 1000 participants since the program began in 2002, so you probably know someone who has participated in the past.

Contact askasb@uwo.ca if you have any questions.

***Having international experience will continue to grow as a highly sought after experience for job seekers. I would strongly encourage you to get involved. If you'd like to participate but have concerns about cost and finance, please contact the email above. There are many options to finance the experience!

LAMP Hiring 2016

We are busy behind the scenes preparing for LAMP Hiring for next year. Here is an outline of the timeline.

LAMP Student Coordinator Positions

- a) LAMP 1.0 Student Coordinator (2 spots)
- b) LAMP 2.0 Student Coordinator (2 spots)
- c) LAMP Leadership Student Coordinator (2 Spots)

Posted to Career Central **Thursday December 17th, 2015**

Deadline to Apply **Tuesday January 12, 2016**

LAMP Team Leader & Leadership Chair Positions

- a) LAMP 1.0 Team Leader (multiple spots)

b) LAMP 2.0 Team Leader (multiple spots)

c) LAMP Leadership Chairs (12 spots)

Posted to Career Central **Thursday December 17th, 2015**

Deadline to Apply **Tuesday January 12, 2016**

LAMP Peer Mentor Positions

a) LAMP 1.0 Peer Mentor (multiple spots)

b) LAMP 2.0 Peer Mentor (multiple spots)

Posted to Career Central **Monday February 1st, 2016**

Deadline to Apply **Monday February 22, 2016**

Questions? Email mkkelly@uwo.ca