Undergraduate Information Sessions

Don’t be shy!
Please fill up the seats at the front first!
Cindy Cripps
Manager, International Agreements
Western International
Mental Health & Cultural Adjustment

Fabiana Tepedino, International and Exchange Student Centre
Navigating a New Campus and Country 🍁

How it feels now.....

How it WILL feel soon...

Home is where your WiFi connects automatically.

Western International
The W-Curve of Cultural Adjustment

Adapted from Oberg (1960) & Gallahorn & Gallahorn (1963)
Honeymoon Stage

Everything is NEW, INTERESTING and EXCITING.
You Start to Notice the Differences...

Differences become apparent and irritating.
Problems occur and frustration sets in.
What is 1 thing that has surprised you about Canada or Canadian culture?
Cultural Dissonance/Culture Shock

You may feel **HOMESICK, DEPRESSED or HELPLESS.**

These feelings are NORMAL!

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**Western International**
Possible Signs and Reactions to Cultural Dissonance May Include:

- Feeling homesick, sad or depressed
- Irritable
- Mood swings
- Crying often
- Feeling isolated or lonely
- Not able to concentrate
- Change in sleep and eating habits (too much or too little)
- Stomach problems
- Stereotyping the local culture
- Excessive drinking or drug use
- Headaches
- Boredom
- Withdrawal
The Cross-Cultural Journey Can Be A Life-changing Experiences

“When I was new to Canada, I was like a newborn experiencing all these things for the first time. After 4 months, I learned to walk…”

“I thought it would be easy for me to survive in a foreign country, since I always relied on myself and was confident about my abilities... but ...I was wrong... I did everything with caution to prevent any embarrassing mistakes.”

Experiencing challenges and cultural adjustment stress is a NORMAL part of the cross-cultural experience.
Recovery Stage

You work your way through culture shock and begin to adapt to your host culture.
What helped you in the past in adjusting to a new culture?
Strategies for Coping with Cultural Dissonance

- **Staying CONNECTED**
  - Make new friends (Canadian and International)
  - Stay in touch with family and friends from back home
  - Connect with your cultural and/or spiritual community

- Understand the stages of cultural adjustment

- Eat healthy, sleep, exercise and get sunshine

- Learn more about Canadian culture
  - Avoid making assumptions – stay curious, open-minded, and ask questions

- Ask for help and support

- Share your experiences with others (advisors, peer guides, friends)

- Keep a journal

- Be patient with yourself
Taking Care of YOU and Finding Balance

PHYSICAL WELLNESS
Taking care of your body

MENTAL WELLNESS
Taking care of your mind

SOCIAL & CULTURAL WELLNESS
Taking care of your relationships and society

FINANCIAL WELLNESS
Taking care of your finances

ACADEMIC & CAREER WELLNESS
Taking care of your future goals

ENVIRONMENTAL WELLNESS
Taking care of what’s around you

SPIRITUAL WELLNESS
Taking care of your values and beliefs
WESTERN WELLNESS

PHYSICAL WELLNESS
Taking care of your body

MENTAL WELLNESS
Taking care of your mind

SOCIAL & CULTURAL WELLNESS
Taking care of your relationships and society

ENVIRONMENTAL WELLNESS
Taking care of what’s around you

ACADEMIC & CAREER WELLNESS
Taking care of your future goals

FINANCIAL WELLNESS
Taking care of your finances

SPIRITUAL WELLNESS
Taking care of your values and beliefs

SPIRITUAL WELLNESS
Chaplain’s Services, Faith Clubs, Faith communities in London

WESTERN WELLNESS
Campus Rec (gym), trails in London, etc.
Learn About Canadian Culture

“How are you?”: NOT a real question (usually!)

“It’s cold outside eh?”: Canadians’ favourite topic

“Circles” of Friends

Important Canadian Values

• Equality, politeness/diplomacy
• Individualism, personal space, privacy
• Culture of seeking help
• Direct communication
• Sandwich criticism
Canadian Social Etiquette

• Tip 15-20% for services – restaurants, delivery drivers, taxi drivers, hairdressers/barbers, etc.

• RSVPing and showing up on time is important

• Remove your shoes when entering someone’s home

• Open the door for others

• It is often considered impolite to ask a question about someone’s salary, wealth, weight, age or where they live.
Canadian Winters

**Winter temperatures** can get as low as -30°C on the coldest days and wind can lower the temperature considerably (windchill factor)!

**Check the Weather Network** before you leave the house! The sunniest and clearest days can be the coldest!

**Winter Tips:**
- Cover your head, ears, hands and feet
- Wear waterproof boots and jackets
- Wear layers
- Walk like a penguin on the ice
- Try winter activities and have fun!

https://iesc.uwo.ca/student_life/living_in_canada/weather.html
Cultural Adjustment is a Process
Don’t be afraid to get out of your comfort zone!
Advice from other Western Students

☑ Get involved with campus and the wider community, join clubs, councils to expand your social networks.
  ☐ Join the Peer Guide Program and the English Conversation Programs and attend Global Café and events!!

☑ Don't be afraid to express and share your culture and other identities with the community.

☑ Ask for help whenever you need, don't hesitate, Western and its International Community have a lot of resources and supports available.

☑ Reach out to professors, ask questions in class and attend office hours

☑ Try the Spoke bagels and go to a Rick McGhie nights!

☑ You are here to study, but don't forget to have fun! It is all about balance!
Adjustment Stage

You see your host country as your new home.
Careers and Experience

Monique Haan & David Feeney, Career Coaches
Welcome to Western

INTERNATIONAL STUDENT ORIENTATION

An introduction to available career supports & services.

Monique Haan
Career Coach, International Students
Careers & Experience
UCC 210
September 1, 2023
## Careers & Experience

**Build a meaningful life and career**

### Career Education

Prepare for work in a changing world

- Connect your degree with future work
- Build your resume, cover letter, and LinkedIn profile
- Learn about job search and interview strategies

### Experiential Learning

Enhance your degree with practical experience

- Gain work experience
- Connect with local & global communities
- Track your involvement with Western’s Co-Curricular Record (CCR)

### Employer Relations

Making connections and grow your professional network

- Access internship and job postings
- Meet employers at Fairs and Information Sessions
- Interview on campus

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careerexperience.uwo.ca | connect.uwo.ca | hirewesternu

Located in the UCC – Rm 210

Hours: Mon – Fri 8:30 am – 4:30 pm
Our Career Philosophy & Vision

What we believe to be true...

Our goal is have you:
• Thoughtfully determine the life you want to live,
• Think critically about your interests, skills, strengths, values & characteristics you possess
• Concretely outline your “personal brand”

Our approach is embedded in 3 fundamental philosophies:
• Life Design – actively ‘design’ your life vs. letting life happen
• Appreciating Strengths – understand and leverage your strengths
• Personal Branding - utilize a “self-marketing” approach to manage your careers
## Reasons to Access Career Support

<table>
<thead>
<tr>
<th>Connect your degree to future work</th>
<th>Self-exploration and career assessments</th>
<th>Strength and/or skill identification</th>
<th>Career decision-making and goal setting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn about obtaining experience</td>
<td>Further educational options (applications)</td>
<td>Resume, cover letter and/or LinkedIn assistance</td>
<td>Job search strategies</td>
</tr>
<tr>
<td>Interview preparation</td>
<td>Accessibility and employment</td>
<td>Networking and connecting with employers/alumni</td>
<td>Workshop follow-up</td>
</tr>
</tbody>
</table>

Careers & Experience | Western
CAREER EDUCATION

1:1 Support
- Career Appointments
- Open to all students – 2 appts/term
- Run year-round
- Can discuss any career-related topic
- Regular drop-in appointments – Mon – Fri: 1 – 4 pm

Group Programs
- Career Workshops
- Outreach Workshops
- Presentations

Peer-to-Peer Support
- Offered through Western’s Employment Resources Centre (WERC)
- Provide drop-in support for:
  - Resume / CV
  - Cover letter,
  - LinkedIn profile
  - Mock Interviews

Virtual Resources
- Career.uwo.ca
- Career decision-making eLearning modules
- Interview preparation
- Careercruising
- Digital challenge cards
- YouTube playlist – Career workshops

Visit connect.uwo.ca to book
INTERNATIONAL WORKSHOP OFFERINGS

Geared specifically for International students:
1. Canadian Career Realities
2. Career Workshop Series
   Part 1: Personal Branding
   Part 2: Resumes
   Part 3: Cover Letters
   Part 4: Networking
   Part 5: LinkedIn

Resumes: Developing a Strategic, Branded Document
Cover Letters: Crafting Compelling Correspondence
Job Search Strategy Series
Life Design Seminar Series
Networking: It’s Easier Than You Think!
Interviewing Excellence
LinkedIn Basics: Setting Up Your Profile
Accessibility in the Workplace Series
Peer-to-peer assistance for all students

Western’s Employment Resource Centre

Receive feedback on your resume, cover letter, CV, and LinkedIn profile. No appointment necessary!

Practice your interview skills and receive feedback in a Peer Mock Interview (by appointment).

Access e-advising anytime: werc@uwo.ca

Peer-to-peer assistance for all students

werc.uwo.ca
OPPORTUNITIES AT WESTERN

Visit connect.uwo.ca to access the “portal” for career-focused information & resources such as:
- Outcome Campus Connect
- Western Peer Leaders
- Events
- Job Postings

On-campus opportunities
Go to Working at Western – recruit.uwo.ca
- Academic Departments
- Affiliate University Colleges – Brescia, Huron and King’s University Colleges
- Campus Recreation
- Computer Services/Western Technology Services
- Graphic Services
- Housing – on & off-campus
- Hospitality Services
- University Community Centre – retail/food services – i.e. The Spoke, The Wave, The Purple Store
- University Student Council – https://westernusc.ca/get-involved
- Work Study Program https://registrar.uwo.ca/student_finances/bursaries_workstudy.html
Other Opportunities

- Visit your faculty site for helpful links to program-specific opportunities
- Alumni Western
- LinkedIn Jobs portal (https://www.linkedin.com/jobs/)
- Large Global/National job boards such as Indeed.ca, Eluta.ca, Monster.ca
- Regional job search websites such as Knighthunter.com (London & Area job board) or torontojobs.ca
- Industry Specific job boards - Charity Village (Not-for-profit/Community Service opportunities), itjobs.ca (Information Technology focus)
- Industry Association or Group websites
- Employer / Organizational websites

So many more!!!
Thank You!

Monique Haan, Career Coach
International Students
Booking: connect.uwo.ca
mhaan@uwo.ca
UCC – Rm 210
Campus Safety

Kim Reynolds,
Western Special Constable Service
Agenda

• CSES
• Personal Safety Tips
• Community Partnerships
Campus Safety & Emergency Services
Campus Safety & Emergency Services (CSES)

Contact Us:
• Lawson Hall, Rm 1257
• 519-661-3300
• Emergency 911
Campus Safety & Emergency Services (CSES)

- Western Special Constable Service (WSCS)
- Emergency Manager
- Card Access
- Foot Patrol
- Fire Safety
Western Special Constable Service
Western Special Constable Service

- 37 Members – Sworn & Civilian
- Foot, Bike & Vehicle Patrol
- Western & Affiliate Properties
- Authorities similar to Police
- Support service to campus community
- Liaise with community partners
Services

- Video Monitoring
- Safe Campus Support
- Response to Calls (Advice, Education, Housing Conduct, Student Code, U-Reg, Criminal Code, Provincial Offences)
- Weather monitoring
- SERT mobilization
- Emergency Blue Phones
- CSPTED – Campus Safety Provided Through Environmental Design
- R.A.D – Women’s Self Defense
- Campus Community Resource Officer (CCRO)
Emergency Blue Phones

- Connects to CSES dispatch
- 24/7
- Blue light activates
- Video surveillance

We encourage you to activate Blue Phones when:

- A crime is witnessed
- You feel unsafe and need assistance
- You are ill or require medical attention
- You require assistance or directions
Student Emergency Response Team (SERT)

- Student-run
- Student volunteers provide medical emergency response - main, Huron and Brescia campuses
- 24/7 during academic year
- Co-ed teams
- Quick response
Campus Safety Provided Through Environmental Design (CSPTED)

- Safety & Security Audits
- Target harden & make as safe as possible
- Video Monitoring camera registration

All three elements need to be satisfied for crime to occur. We want to focus on removing the OPPORTUNITY.
R.A.D. (Women’s Self-Defence)

- Personal safety, awareness, risk reduction and avoidance
- Learn practical defensive techniques, no special skills required
- Private group setting
- Western students, faculty, staff, alumni and their guests
- Free ($20 deposit, refunded at successful completion of course)
- [https://uwo.ca/campussafety/services.html](https://uwo.ca/campussafety/services.html)
Campus Community Resource Officers

- Bridging gaps
- Building relationships
- Education
- Events
- Human connection
Emergency Manager
Alert WesternU

Mass Notification System

- Imminent danger, campus evacuation, weather emergencies
- Automatically registered if issued a uwo.ca email
- Encouraged to customize profiles at https://alert.westernu.ca/customize/
- Mobile App for Apple & Android platforms
Weather Monitoring

• Alert community of severe weather ie. tornado warning

• Siren - Alumni Hall and Social Science Centre

• Tested first Wednesday every month at noon (audible)
Weather Emergency

What to do when?

• Seek shelter immediately

• Go lowest level of building away from windows, outside walls and doors

• Lie flat, face-down on low ground, protect head with hands

• Listen – Siren will sound continuously until Environment Canada issues “All Clear”
Card Access
Card Access

- Supports a safe campus
- Western One photo ID card
- Access requests submitted by faculty official
- Be aware of tailgaters
- Door & lock mechanisms should secure
Foot Patrol
Foot Patrol

- Escort to vehicle, residence or campus buildings by student volunteers
- Vehicle used for longer escorts and on high-volume evenings
- 519-661-3650 / Western Foot Patrol app
- Lost and found
- Located in basement of UCC
Fire Safety
Fire Safety

- Inspection, testing and maintenance of all fire & life safety systems
- Ontario Fire Code/Ontario Building Code Compliance Inspections
- Fire Safety Training
- Fire Safety Plans
- Building Emergency Teams
Personal Safety
Personal Safety Tips

- Awareness – location, surroundings, Blue Phones
- Eye contact – drivers, pedestrians
- Communicate – family, friends, roommates, coworkers, supports
- Secure – valuables, doors, office areas (when alone)
- Scams (phone, email, text)
- Charge – cell phone
- Document – serial numbers, identification
- Report concerns or incidents
Thank you!
Break time!
10 minutes
Cyber Safety
Matthew Feeney, Manager of Information Security
What are the top cyber security threats for students entering University?
Cyber Safety

• Threats
  • Phishing
  • Social Engineering
  • Malware
  • Weak Passwords
  • Public Wifi

• Protections
  • Multi-Factor Authentication (DUO)
  • Single Sign On
  • Endpoint Online Protection / AV
  • Cyber Safety Awareness Training
Reel In Your Security: Spot Phishing Scams

**Unexpected Requests**
Legit organizations won’t ask you for your personal information through email or text. See such a request? You’re probably dealing with a phish!

**Suspicious Links**
Be cautious before clicking on any links in an email or text, especially if they’re from unknown sources. That’s a common trick used in phishing attempts.

Report It to: phishing@uwo.ca
Reel In Your Security: Spot Phishing Scams

Poor Grammar and Spelling
Professional emails shouldn't be riddled with errors. Notice spelling mistakes or weird phrasing? You're likely looking at a phish.

Pressure Tactics
Urgent requests for action or threats of consequences are classic signs of phishing. Legitimate organizations won't rush you or use scare tactics.
Crack-Proof Your Passwords

1. Think Length
   Longer passwords are tougher to crack. Aim for at least 12-15 characters.

2. Mix It Up
   Use a mix of upper and lower case letters, numbers, and special characters to complicate your password.

3. Avoid Personal Information
   Don’t use easily guessed info like your name, birthdate, or common words.

4. Try a Passphrase
   Consider using a memorable phrase with spaces between words or replacing certain letters with numbers or special characters.

5. Change Regularly
   While it’s important to have a strong password, it’s equally important to change it periodically.

6. Enable Multi-Factor Authentication
   Add an extra layer of security. Even if someone cracks your password, they’ll need a second form of identification to access your account.

Beware of Phishing attempts that come from an @uwo.ca account – they are often difficult to detect – and usually indicate that a Western user account has been compromised / taken over.

Report It to: phishing@uwo.ca
Public vs. Campus Wi-Fi: How to Connect Safely!

The Problem of Public WiFi
Not all Wi-Fi hotspots are what they seem. Cybercriminals often set up fake networks that mimic legitimate ones. Always double-check network names and stick to trusted sources. Avoid sharing personal or financial details on public Wi-Fi whenever possible.

Wireless on Campus
- uwosecure-v2: For all our dedicated students, this is your secure home for online studies and research. Western is committed to creating a safe cyber environment.
- eduroam: A secure, worldwide roaming access service developed for the international research and education community. Once set up, you can access the internet at institutions around the world.

How to Connect?
Connect with your university credentials! Use your full Western email address and password to log in.
Real Example

February 6th over 30,000 copies of this email were distributed on campus by 3 compromised accounts.

- 3 Accounts were compromised
  - B*****8@uwo.ca
  - C*****l@uwo.ca
  - C*****2@uwo.ca

- As the accounts were compromised, it appeared to recipients that these emails could be legitimate as they came from @uwo.ca accounts

- The email wasn’t poorly written
  - attractive offer to students
  - didn’t have blatant spelling mistakes
  - The link was hidden using http://bit.ly to mask the link destination
How did the Threat Actor bypass Multi Factor Authentication and take over this account?

Social Engineering

If you are unsure – email security@uwo.ca or contact the WTS Help Desk for advice.
More Real Examples

Email was sent from mamato5@uwo.ca but the contact is Dr. Ivan Mattew

Paid Part-time job to make lots of money and in USD$

Don’t reply with your @uwo.ca address – use a different address to reach out to us.

This is a test – don’t use your @uwo.ca account?
More Real Examples

From: Julie Fan <jfan296@uwo.ca>
Subject: Student Grant
Date: March 19, 2023 at 1:45:14 PM EDT

Dear Qualified Student,

Your 2023 student benefit check has been approved by the College Board and payment is set to be released. This grant is to support students in paying educational and personal bills. This is not a loan so you will not be required to pay back.

For claims Kindly submit below
1. full names, 
2. Mobile Number
3. Personal email.
4. Are you currently or previously enrolled in any other university/college aside Western University? If yes kindly specify College/university name

Important Note: Response to this email must go to our Grant Coordinator whose information are stated below.

Contact Person: Antony Sancho
Contact Email: Sanchoantony316grantboard@gmail.com

NB: Do not directly reply to this email as this is a non-reply email. Your application details should be sent to Mr Antony Sancho only (Sanchoantony316grantboard@gmail.com). Also endeavor to contact him via your personal email (Gmail,yahoo,hotmail,icloud etc).

Regards
STUDENT COLLEGE BOARD

Was sent from jfan296@uwo.ca but the contact person is Antony Sancho

Free money – don’t have to pay it back!

Asking for more private information including Mobile # so they can send you text messages

Don’t reply with your @uwo.ca address – use a different address to reach out to us.

Sent from the Student College Board – who is that?
There are many threats out there but Cyber Safety Awareness Training will give you the best skills to defend yourself.
Questions?

@westernu-cybersmart
@westerncybersmart
@WesternUCyberSmart
@westernucybsmrt
AGENDA

- Study Permit
- Temporary Resident Visa (TRV) and ETA
- Working on- and off-campus
- Co-op Work Permit
- Post Graduation Work Permit
- Social Insurance Number
- IESC Advising Services and Contact
Study Permit is a document issued by IRCC that authorizes you to study and stay in Canada.

- It includes specific conditions that may authorize you to work on- and/or off-campus.
- It is usually valid for the period of your academic program plus 90 days.
- If you need to study longer, you can apply for an extension of your Study Permit from within Canada.
Am I in trouble if my TRV is already expired?

You can apply for a new TRV from within Canada AFTER you receive your new study permit.
ELECTRONIC TRAVEL AUTHORIZATION

- Electronic Travel Authorization (ETA) is a type of visa issued to citizens of certain countries and is required to enter Canada.
- Valid for up to 5 years
WORKING ON CAMPUS

To Work On-Campus, you must:

☐ Hold a valid Study Permit with working conditions

☐ Maintain full-time status at the designated learning institution (DLI)

☐ Get a Social Insurance Number (SIN) from Service Canada

☐ There is no limit in number of hours to work on campus
WORKING OFF CAMPUS

- Hold a **valid Study Permit** with working conditions
- **Maintain full-time** status at the designated learning institution (DLI)
- Get a **Social Insurance Number** (SIN) from Service Canada
- You can work up to **20 hours** per week during the academic year and full-time during scheduled breaks.

- UG students at Western have scheduled break during the summer. Graduate students are enrolled in three academic terms with no scheduled break.

- To work full time in the summer, you must be full-time student in a program before and after the scheduled break.
Remarks/Observations should indicate one of the following:

- May accept employment on the campus of the institution at which registered in full-time studies

OR

- May accept employment on or off campus if meeting eligibility criteria as per R186(f), (v) or (w). Must cease working if no longer meeting these criteria
CO-OP WORK PERMIT

- Some students at Western may have work as a requirement of their degree
- If internship, co-op, practicum, placement, experiential learning is an “essential part of your program of study”

You will need to apply for co-op work permit (CWP)

- Western University will be indicated as your employer
- CWP cannot be used for working off campus in jobs that are not part of the academic position approved by your academic department
WORKING AFTER GRADUATION

- Students don’t need a job offer to apply for work permit
- The PGWP is not employer specific
- You can work anywhere in Canada
- The job does not need to be related to your degree

To be eligible to apply for PGWP, students need to:

- **Have completed** all program requirements in program of study, approved for PGWP, that lasted at least eight months at a DLI
- **CONTINUOUSLY studied FULL-TIME** in Canada with the exception of part-time only in the final academic session
PGWP ELIGIBILITY

- Received written confirmation from Western that you have met the requirements for completing your academic program
- Received official transcript. Unofficial transcript from DLI’s website may be accepted
- You MUST hold a valid study permit when you apply for the work permit if you plan to start working under R186(w)
Your spouse or common-law partner may be eligible for an open work permit if:

- You have a valid study permit
- You are eligible for a post-graduation work permit (PGWP) and
- You are a full-time student at one of these types of schools:
  - a public post-secondary school, such as a college or university, or CEGEP in Quebec
  - a private college-level school in Quebec
  - a Canadian private school that can legally award degrees under provincial law (for example, Bachelors, Masters or Doctorate degree)
PERMANENT RESIDENCY

- Express Entry System (CEC, FSW)
- Ontario Immigrant Nominee Program – Master’s Graduate Stream, PhD Stream or OINP International Students with Job Offer
As of **August 3, 2023**:

Service Canada offers clients the option of viewing their Social Insurance Number (SIN) digitally on the secure **My Service Canada Account (MSCA)** platform. You will still receive your printed SIN paper by mail.
APPLYING FOR SIN NUMBER

You can apply for your Social Insurance Number at

- Western International on **September 6th**
- In person at Services Canada-Dominion Public Building, 457 Richmond Street London, Ontario
- Online


*Documents*: Valid Passport and Study Permit with working conditions
ADVISING SERVICES - FALL

Office Hours
Monday – Friday, 8:30 am to 4:30 pm
Phone: 519-661-2111 ext. 89309
Email: iesc@uwo.ca

Remote Advising Appointments & Immigration Drop-Ins
1. Students can book their appointment at https://iesc.uwo.ca/appointment/
2. Visit Western International for meeting in person with ISA

IESC Events Calendar:
http://www.events.westernu.ca/events/iesc/
Health & Health Insurance

Heidi Liu,
International Student Advisor, IESC
Health and Wellness at Western

- Physical health appointments (urgent same-day appointments available)
- Mental health supports (counselling and psychiatry)
- Flu vaccinations

Plus: Student Support and Case Management Team for support with complex concerns
Health Insurance

The University Health Insurance Plan (UHIP) is **MANDATORY** for all International Students and their dependents (family members).

UHIP Covers the cost of services such as: doctor’s services, hospital services, surgery, X-rays, etc.

It does NOT cover dental services, prescriptions, eyeglasses, etc.

- **Print** out your UHIP card and keep it with you
- **Add** your spouses and children to your UHIP to avoid late fees.
- You should receive your UHIP card via your @uwo.ca **email** within the first couple of weeks of Sept.
Health Insurance

Undergraduate Students

**USC Extended Health Plan (PurpleCare)**

Covers the cost of services such as 80% of prescriptions, psychologists, some dental, etc.

Exchange students are not covered under this plan.

[purplecare.ca](http://purplecare.ca)

Want to learn more? Visit our International Pre-Arrival Module on Health Care in Canada for more information.
Health Insurance

Enrollment in UHIP and the extended benefit plans is automatic for all eligible international students

- **Student Health Services** is the medical clinic on campus which provides access to doctors (GP's) and other medical professionals
- **Western Pharmacy** is located in the basement of the UCC if you need to fill a prescription or buy any over-the-counter medications
O-Week Information

Sunday Ajak,
University Students' Council President
University Students’ Council 101

with President Sunday Ajak
Who are we?

President: Sunday Ajak

COO: Jeff Armour
Vision Statement

“Students Have the Power to Change The World”

Mission Statement

“To Enhance The Educational Experience and Quality of Life for all Undergraduates at Western University.”

Values

We Are DEMOCRATIC, INCLUSIVE, STUDENT LED, ACCOUNTABLE and OPERATE WITH INTEGRITY
Your USC Executives!
What is the USC?

- Student-led organization
- Exists to advocate for & represent undergraduate students
  - + Professional Schools: Ivey, Law, Medicine, Dental, Education
- We are the voice of all students and help make the Western experience what it is!
SERVICES

- Peer Support Centre
  - A safe space for students; helps connect them to local resource options

- Food Support Services
  - On-campus food bank dedicated to increasing food stability

- PurpleCare - Health & Dental Plan / LTC Bus Pass
  - Full-time undergraduate students are automatically enrolled

- The Wave & Spoke

- Free the Dot
PROGRAMMING

- Clubs
  - 13,000+ students
  - 200+ clubs
- Council
  - 40 + councillors across 11 faculties
- Orientation
  - 8000+ incoming students
- Large & Small-Scale Programming
  - Purple Fest, USC Day, etc.
Student Leadership

(Coordinators & Associate Vice Presidents)

▶ Coordinators: Report into USC Executives
▶ AVPs: Report into USC Executives
How to Get Involved

- Go to the Wave & Spoke
- Join a club
- Attend our events - especially Orientation
- Volunteer or work with the USC
- Reach out to our team with feedback, questions, suggestions
- Follow us on social media @westernusc !!!
QUESTIONS?
Study Abroad & Exchange

Alyssa Szilagyi,
International Learning Coordinator
INTERNATIONAL LEARNING

goabroad.uwo.ca | #globalwesternu
MAKE THE WORLD YOUR CLASSROOM
WHY GO ABROAD?

- Gain international skills and experience
- Personal development, including increasing independence and confidence
- Meet new friends with different worldviews
- Travel and see the world!
PROGRAM TYPES

Long and short, here and abroad

• Exchange
• Study Abroad
• Research
• Internships
• Faculty-Led Study Abroad
• Community Engaged Learning
## COMMON CONCERNS

<table>
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<tr>
<th>Concern</th>
<th>Solution</th>
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<tbody>
<tr>
<td>I don’t have time to study abroad.</td>
<td>Check out our programs in the summer or spring breaks, or internationalization at home during the year.</td>
</tr>
<tr>
<td>Going abroad is too expensive.</td>
<td>Exchange students continue to pay their usual Western tuition and many scholarships and bursaries are available for all programs.</td>
</tr>
<tr>
<td>I don’t speak a foreign language.</td>
<td>We partner with English-speaking programs across the world, so no need to speak the local language before departure.</td>
</tr>
<tr>
<td>I’m nervous about traveling alone.</td>
<td>Our faculty-led programs are a great option for group travel and a built-in support system.</td>
</tr>
<tr>
<td>I’m focused on building my resume.</td>
<td>Many academic programs and employers are specifically looking for skills built during overseas experiences. The Global and Intercultural Engagement Honour will showcase your talents!</td>
</tr>
</tbody>
</table>
FINANCIALS

- Key awards include Global Opportunities and International Learning Awards
- Western’s Admission Scholarship Awards
- Some faculties also have awards reserved for their students
GLOBAL & INTERCULTURAL ENGAGEMENT HONOUR
Recognizes global and intercultural experiences at home or abroad.

Earn points for:
- Category 1: Academic Coursework (required)
- Category 2: Global Experience at Home or Abroad (required)
- Category 3: Global or Intercultural Engagement and Training
- Category 4: Language Proficiency and Learning

Find out more at https://international.uwo.ca/globalhonour
WHAT'S NEXT?

Visit goabroad.uwo.ca to browse programs and connect with an advisor today!
THANK YOU

goabroad.uwo.ca | #globalwesternu
What's Next?

• Lunch (Kent Drive)
  12:00 - 1:30 pm

• Campus Partner Open House
  1:30 - 4:30 pm

• Community Fair
  4:30 - 7:00 pm
  University Community Centre

Follow us on social!
Share your experience

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@westernuinternational
@westernuintl

Please share your photos and video before, during and after your arrival!

Contact Nyren Mo at
zmo5@uwo.ca