

Western's Parent Connection 2012



Project healthy living *Award recipient takes her healthy message to Western students – and the world*

Talk to Michelle Amri and she might tell you to butt out. She's not being rude. Rather she wants you to know about Butt Out, a Western student club she belongs to that educates young people about the dangers of smoking.

"We've been raising awareness about the tobacco industry and smoking," says Michelle, "especially since the smoking rate is rising among teenagers."

This volunteer work is just one way Michelle, who is completing her bachelor's degree in health sciences, specializing in health promotion, exudes her passion for healthy living.

A recipient of a Parents' Fund award, Michelle takes her education to heart. "Helping others is something I've

always found to be personally meaningful and rewarding," says the active volunteer, who has also coached ice-skating to young children and mentored Grade 2 students in math, literacy and health. "Because of the award, I could pay more attention to my studies, while continuing my volunteer work."

In a surprising move, Michelle took her message to the pageant runway this spring by participating in the Miss World Canada competition in Vancouver. "This experience was so out of character for me," says the reserved 20-year-old, of a pageant that features young women who "donate time and energy to good causes."

While she placed out of the top-10, she's thankful for the experience. "It was an incredible opportunity to not only represent

my hometown," says the London resident, "but to serve as a platform to advocate for better public health initiatives."

Such a public event underscores Michelle's desire to always give her best. "When I received the award from The Parents' Fund, I was ecstatic," she says. "It was a great motivator and a boost to my confidence to keep going. I worked hard on my studies, and, this year, I made the Dean's List."

For Michelle, those who support Western are making a great investment. "Donors can take great pride in what they give because they're investing in many bright and promising students who will contribute to a better society for everyone," she adds. "I'm humbled to be a recipient of such generosity and to be supported by the broader Western community."

Students express thanks

"Donations made to The Parents' Fund are, frankly, priceless. Because of my award through the Fund, I've been able to afford art supplies, as an investment in my goal to exhibit my paintings at local galleries. I consider my artistic exploration to be a pillar in my academic and expressive development at Western."

-Anna Paliy, BA'14

"The scholarships and bursaries offered through Western's awards program assist many students, including myself, in pursuing our career goals. I feel honoured to be recognized for the hard work I put into my studies, and I will never forget the generosity extended to me."

-Abdul Samsam, BHSc'14

Going global expands vision

Studying abroad can provide exceptional learning opportunities for your son or daughter.

Just ask Whymark Austen, a third-year French Language and Literature student who studied overseas in Nice, France. There, he developed cross-cultural skills and gained a global perspective.

"Studying overseas was truly eye-opening as my classmates and I learned as much outside of the classroom as



Whymark Austen studied for one year in Nice, France.

inside," says Whymark. "Experiences, such as mine, encourage students to expand our vision."

Whymark's experience is one of many international learning opportunities that Western offers to equip students to become global citizens. Others include:

- Discovering archeological traces of the Roman Empire in northern England
- Travelling to Germany to learn the language and culture
- Volunteering with a service project in Costa Rica
- Participating in a summer opera program in Italy
- Interning at a multinational company in China
- Studying for a semester in Singapore

To discover the ways your son or daughter can participate in global learning and what awards and scholarships are available for overseas study, email intlearn@uwo.ca or go to international.uwo.ca

Mental health services on campus

University life can be a challenge for your son or daughter. While adapting to a busy campus, he or she is juggling academic and financial demands, as well as career choices. These pressures can contribute to stress and may lead to mental health issues.

That's why Western provides mental health services to all students. "Western is a caring community," says Dr. Gail Hutchinson, director of the Student Development Centre (SDC). "We offer many ways for students to connect to



Dr. Gail Hutchinson, Director of Western's Student Development Centre.

support services that assist them to achieve their goals."

Through trained staff and volunteers, the SDC helps thousands of students every year, by providing psychological and learning skills services, as well as support to students with disabilities and to international and indigenous students.

According to Gail, parents play a positive role in recognizing the signs of mental health issues. "If your child is acting differently, quieter or more anxious, or avoiding contact, then you should ask questions, provide support and offer information about where to get help—without being intrusive," she says.

The key is talking to others and looking for support, even amidst all the stress that students face. "The most successful students know they don't succeed on their own," adds Gail, "and they know when to seek out help to learn how to cope."

To learn more about Western's mental health services, visit the Student Development Centre at sdc.uwo.ca or go to uwo.ca/uwocom/mentalhealth

Important Dates 2012/2013

- Oct 8: Thanksgiving Day
- Oct 25 – 26: Autumn Convocation
- Dec 5: Classes end
- Dec 8 – 19: Mid-year examination period
- Dec 20: First term ends (for all programs except Dentistry, Education, Law and Medicine)
- Jan 7: Classes resume
- Feb 18: Family Day
- Feb 18 – 22: Reading week
- Mar 15: Last day to receive applications for graduation at Spring Convocation
- Mar 29: Good Friday
- Apr 11: Fall/Winter Session classes end
- Apr 14 – 30: Final examination period
- Apr 30: Second term ends (for all programs except Dentistry, Education, Law and Medicine)
- May 13: Intersession courses begin
- June 11 – 19: Spring Convocation
- June 17: Proposed start date for course registration for 2013-2014 Fall/Winter term

For a complete list of dates, go to registrar.uwo.ca

Student Services

Accessibility at Western
accessibility.uwo.ca

Alumni Western Programs for Students
alumni.uwo.ca/get-involved/students

Alternative Spring Break
asb.uwo.ca

Campus Community Police Service
uwo.ca/police

International Student Services
sdc.uwo.ca/int

Learning Skills Services
sds.uwo.ca/learning

Office of the Ombudsperson
uwo.ca/ombuds

Student Development Centre
sdc.uwo.ca

Student Financial Services
registrar.uwo.ca/student_finances

Student Services
studentservices.uwo.ca

Student Success Centre
success.uwo.ca

Western Foot Patrol
uwo.ca/footpatrol

Western Libraries
lib.uwo.ca