Welcome Parent & Family Transition Workshop
LAND ACKNOWLEDGEMENT AND WESTERN'S COMMITMENT
OUR GOALS FOR TODAY

• Understand the Thriving model we use as a framework for supporting students

• Understand the programs & services in Student Experience that help students from Orientation to Convocation
A Few Housekeeping Notes

- Signage
- Washrooms
- Exploring campus
- Campus Bookstore
LET'S GET TO KNOW EACH OTHER!
RAISE YOUR HAND IF YOU ARE...

- Sending your first student to university?
- Sending your second student to university?
- Sending your last student to university?
- Both happy and nervous to see your student leaving home?
INTRODUCTIONS
QUESTIONS?

The Parking Lot Approach

• Helps guide our discussion
• Prompts us to revisit topics throughout the day
• Only a starting point...keep asking questions!
OBJECTIVES

- Understand primary learning differences between high school and university
- Discuss the highs and lows of a student’s first year transition
- Assess your student’s transition as they move through first year
- Gain knowledge on some of the supports and resources available to help your student navigate first year
OUR HOPES

LET’S TALK ABOUT HOW WE WANT YOUR STUDENT TO THRIVE AT WESTERN!
OUR HOPES

You

Parents & Family are a very important resource.

Communication

This is the ideal time to communicate about changes.

Language

CHILD vs STUDENT
WHAT ARE YOUR STUDENTS DOING TODAY?

- Connecting with their peers
- Learning about their unique strengths
- Learning about how to design their Western experience
- Learning more about their Faculty and Campus
- Connecting with upper year student leaders
PSYCHOLOGY 101

![Graph showing levels of satisfaction/comfort over time]

- Move in Day/Oweek
- Thanksgiving
- End of September
- October/November
- End of First Semester

Western Student Experience
1. MOVE-IN/ORIENTATION WEEK

Challenges
- Addressing needs
- Orientation to campus

Supports
- Sophs
- Residence Staff
- Off-Campus Sophs/Community

Western Student Experience
2. END OF SEPTEMBER

Honeymoon phase is over and reality is setting in.

Academic Supports
• Learning Development & Success
• Accessible Education
• Writing Support Centre
• Academic Counselling

Health & Wellness Supports
• Mental Health Care
• Student Health Services
3. THANKSGIVING

Challenges
• Not every student is able to return home

Supports
• Parent(s)
• Family
• Friends
4. OCTOBER & NOVEMBER

- Challenges
- 5-15% grade drop
- Increased course/workload
- Midterms/Assignments
TRANSITION TO UNIVERSITY LEARNING: DIFFERENCES FROM HIGH SCHOOL

- Volume of material
- Complexity of material
- Differences in testing
- Independent learning
- Self Management
KEY CHALLENGES FOR STUDENTS

- Managing their time
- Expectation Management
- Asking for help
ACADEMIC SUPPORTS

- Learning Development and Success
- Leadership & Mentorship Program (LAMP)
- Residence Education Advisor
- Writing Support Centre
5. END OF FIRST TERM

Challenges
- Wrapping up first term

Supports
- Academic Advisors
- Peer Mentors
- Residence Counselling/
  Mental Health Supports
DEMOGRAPHICS

Please raise your hand if....
YOU ARE...

From the GTA or another large urban centre?
YOU ARE...

From outside Ontario?
YOU ARE...

A Londoner or within a 1 hr radius of London?
THIS IS...

Your first time to London?
YOUR SUPPORTING ROLE

- Watch for signs of transition issues
- Promote independence
- Support, don’t do (teach how to fish)
- Be familiar with available supports
IN SUMMARY...

Your relationship is changing!
Your student will experience ups and downs during their first year and university life.

Have a conversation (or 2)!
Talk to your student and have conversations.

We want your student to succeed!
There are so many supports available to ensure your student thrives.

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Western Student Experience
PARENT NEWSLETTER

• Have you signed up to receive our Newsletter?
• Join our mailing list to receive monthly newsletters through the summer and term updates during the academic year
1st Year

Summer Checklist

June

☐ Sign up for Western Launch: Course Advising, Faculty Fridays and Overnight Experience
   Book a virtual appointment at launch.uwo.ca

☐ Apply for OSAP
   Visit registrar.uwo.ca to learn more

☐ Register for courses
   Head to dms.uwo.ca to browse courses and register at student.uwo.ca

☐ Join the Class of 2028 Facebook group
   Click the link in our bio to join

Western Student Experience
**July**

- Review your tuition fee statement
  Visit student.uwo.ca to review your tuition

- Find out your residence building assignment
  Check your Western email to find out your residence building

- Upload your Western ONECard photo
  Head to westernone.uwo.ca to upload your photo and government ID

- Complete your Gender-Based and Sexual Violence Prevention Education Training

**August**

- Pay your fees
  Due August 1

- Buy your textbooks
  Visit bookstore.uwo.ca to access your personalized textbook list

- Complete your Cyber Safety Awareness online training and your Building Inclusivity Through Anti Racism training

- Check out the Orientation Week line-up
  Head to oweek.ca to learn about orientation details
# Social Science Resource Fair

Social Science Building, **First Floor**

<table>
<thead>
<tr>
<th>Accessible Education</th>
<th>Learning Development &amp; Success</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Recreation</td>
<td>Wellness &amp; Wellbeing</td>
</tr>
<tr>
<td>Careers &amp; Experience</td>
<td>Writing Support Centre</td>
</tr>
<tr>
<td>Social Science Student Council</td>
<td></td>
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### Science Resource Fair

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### Group Academic Advising

<table>
<thead>
<tr>
<th>Time</th>
<th>Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:20-12:40</td>
<td>Computer Science</td>
</tr>
<tr>
<td>12:40-1:00</td>
<td>Science</td>
</tr>
<tr>
<td>1:00-1:20</td>
<td>Medical Science</td>
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</tbody>
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