



Welcome Parent & Family Transition Workshop

An aerial photograph of the Western University campus in London, Ontario, taken during the 'golden hour' of sunset. The central focus is the Old Chapel, a tall, historic stone building with a prominent tower topped by a Canadian flag. The campus is surrounded by lush green trees and lawns. In the background, the city skyline is visible under a sky with soft, orange-hued clouds. A semi-transparent dark banner is overlaid across the middle of the image, containing the main title in white text.

LAND ACKNOWLEDGEMENT AND WESTERN'S COMMITMENT

Western  StudentExperience

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

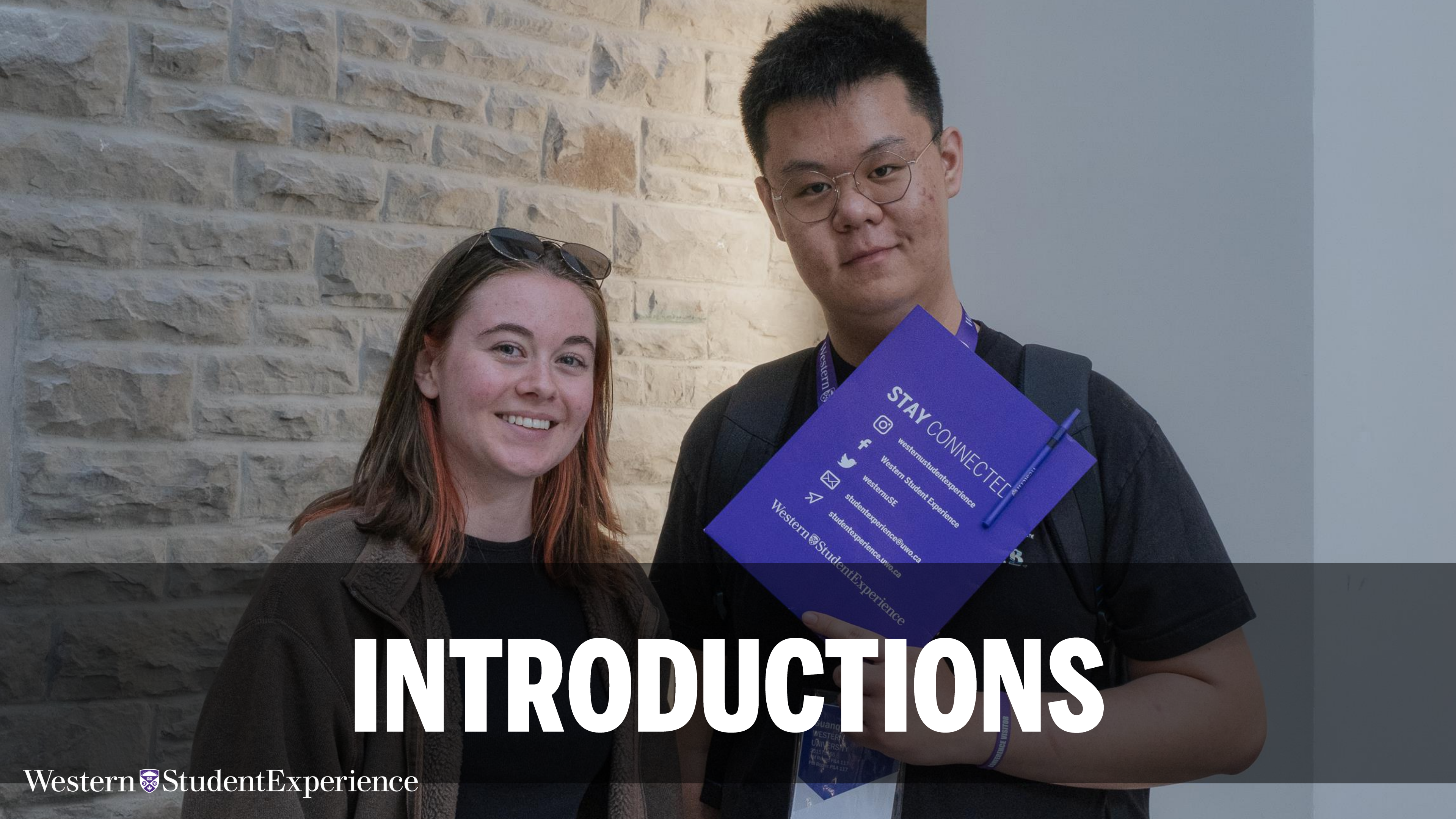


The background image shows three students in a hallway. On the left, a student in an orange shirt and grey cap is partially visible. In the center, a student in a black patterned shirt with a purple lanyard around their neck is looking down at a folder. On the right, a student in a blue polo shirt with a backpack is pointing at the folder. The wall behind them is covered with numerous award plaques, including 'Raymond Compton Dearie Gold Medal in Physics', 'Mande Hall Kingston Gold Medal in Astronomy', and 'Teaching Assistant Award of Excellence'.

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?



STAY CONNECTED

 [westernstudentexperience](#)

 [Western Student Experience](#)

 [westernuSE](#)

 [studentexperience@uwo.ca](#)

 [studentexperience.uwo.ca](#)

Western Student Experience

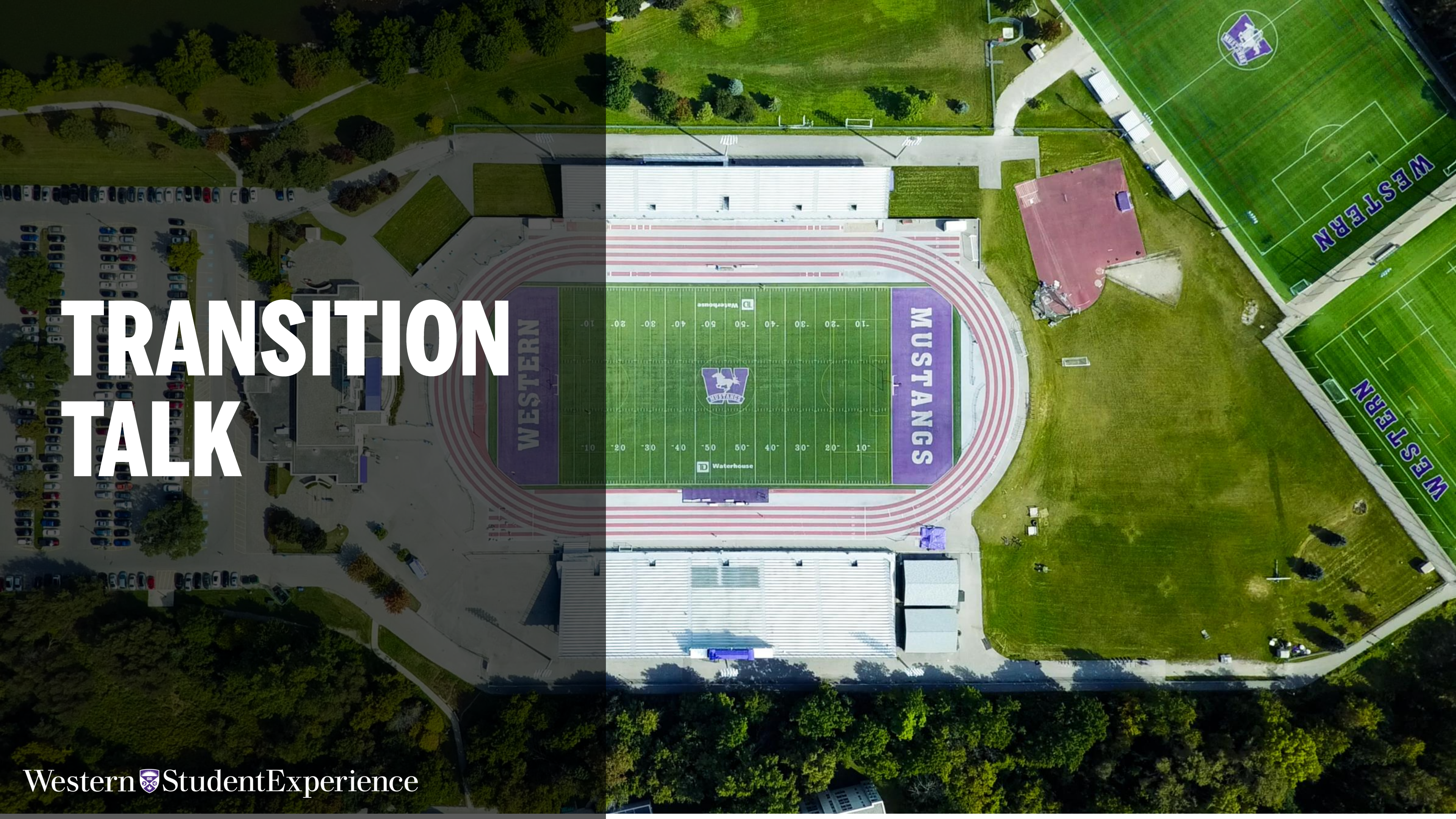
INTRODUCTIONS

QUESTIONS?

The Parking Lot Approach

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





TRANSITION TALK

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

A photograph of four Western University students standing outdoors in front of a green lawn and trees. From left to right: a young woman with long blonde hair wearing a grey Western University sweatshirt, a young man with curly hair wearing a blue Western University hoodie, a young woman wearing a grey hijab and a grey Western University sweatshirt, and a young woman with long dark hair wearing a blue Western University sweatshirt. All four students are smiling and making peace signs with their hands. The image has a dark blue overlay.

OUR HOPES

**LET'S TALK ABOUT HOW WE WANT YOUR
STUDENT TO THRIVE AT WESTERN!**

OUR HOPES

You

Communication

Language

Parents &
Family are
a very important
resource.

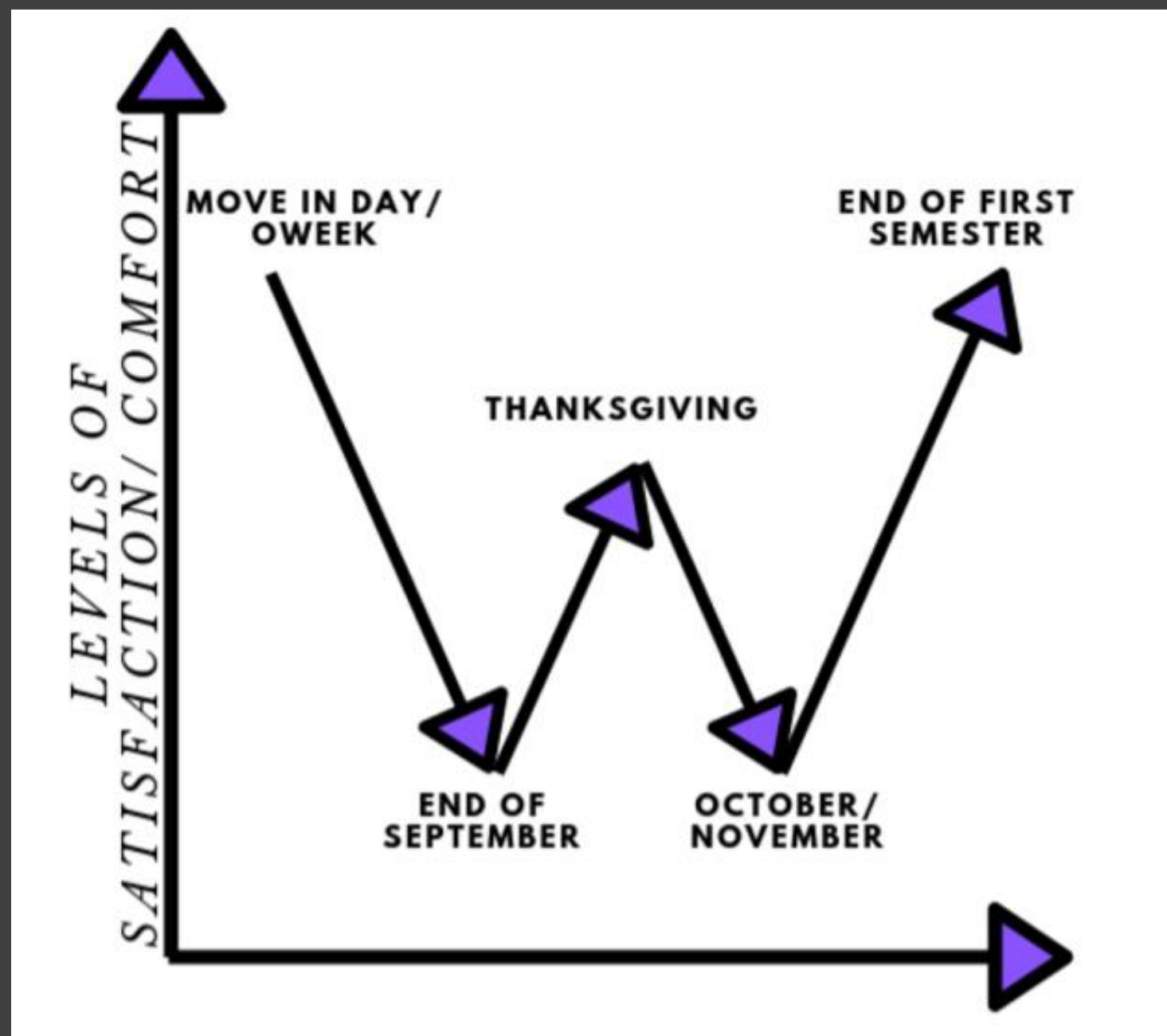
This is the ideal
time to
communicate
about changes.

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



1. MOVE- IN/ORIENTATION WEEK

Challenges

- Addressing needs
- Orientation to campus

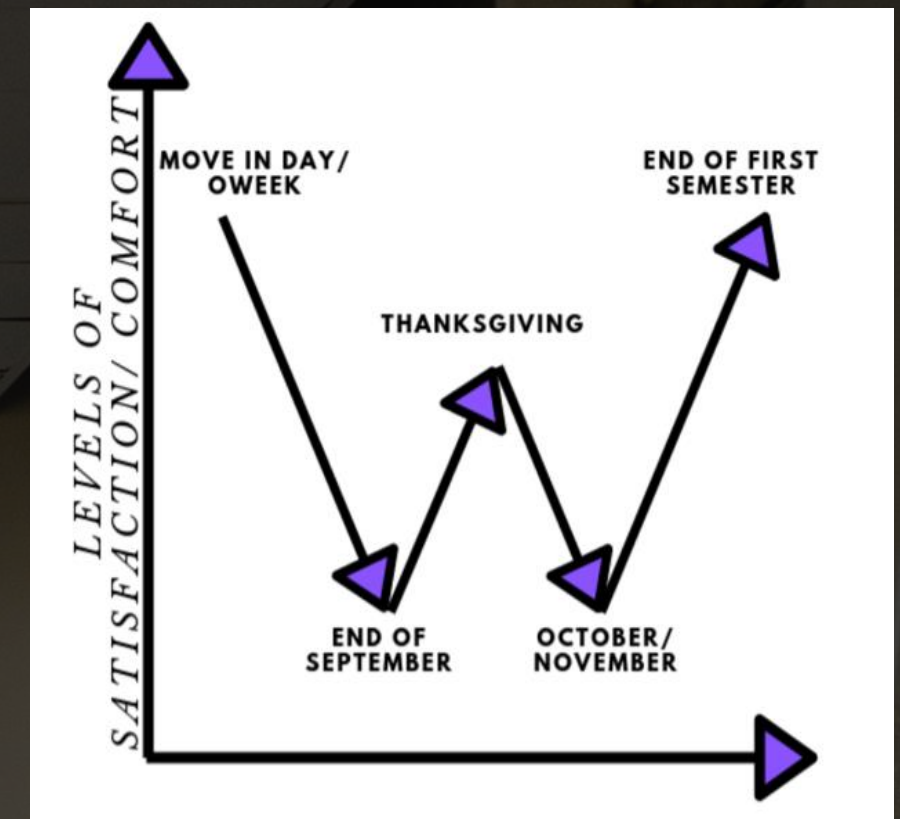
Supports

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



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

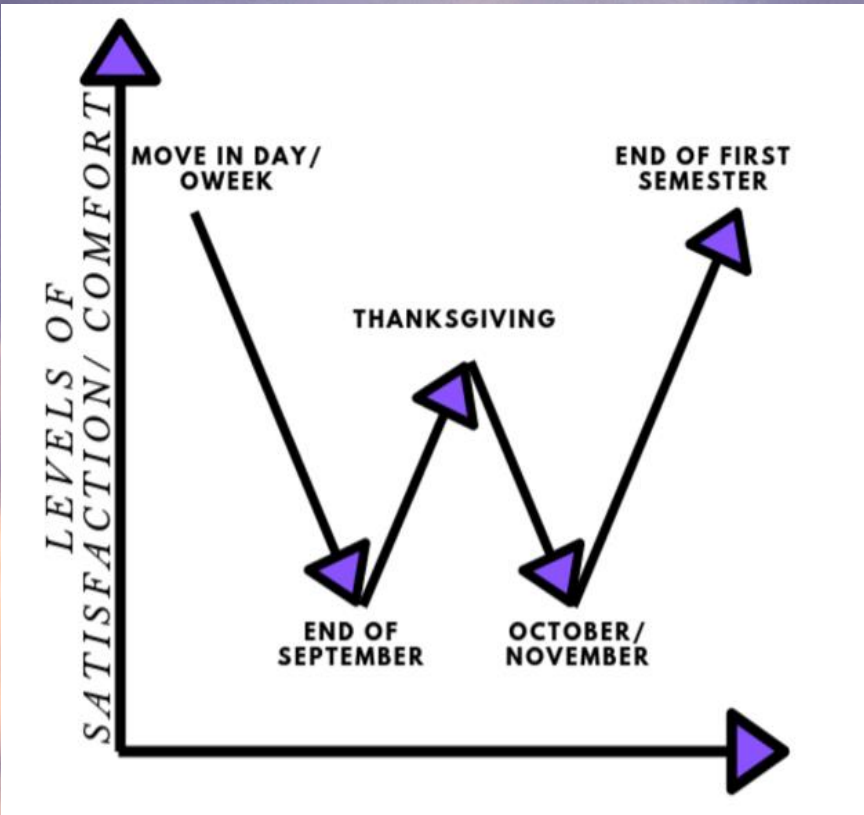
Challenges

- Not every student is able to return home

Supports

- Parent(s)
- Family
- Friends





4. OCTOBER & NOVEMBER

- Challenges
- 5-15% grade drop
- Increased course/work load
- 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**

A photograph of a modern building with large glass windows and a curved path leading away from it. The path is bordered by a concrete curb. Two geese are standing on the path. The ground is covered in a light layer of snow, and the background is hazy with fog or mist. The sky is overcast.

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?

A nighttime photograph of a cityscape, likely Western University in London, Ontario. The image features a large, multi-story building with many windows, some of which are illuminated. In the background, a tall, dark spire of a church or cathedral is visible. The sky is dark, and a large, bright firework is exploding in the upper center, creating a large, fan-like pattern of light. The overall scene is dark, with the primary light sources being the city lights and the firework.

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.



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

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 oweeek.ca to learn about orientation details

THANKS!



Western Student Experience



@westernstudentexperience



@westernuSE



studentexperience.uwo.ca

Social Science Resource Fair

Social Science Building, **First Floor**

Accessible Education

Learning Development & Success

Campus Recreation

Wellness & Wellbeing

Careers & Experience

Writing Support Centre

Social Science Student Council

Science Resource Fair

North Campus Building, **First Floor**

Accessible Education

Wellness & Wellbeing

Careers & Experience

Writing Support Centre

Learning Development &
Success

Group Academic Advising

North Campus Building, **Room 270**

12:20-12:40

Computer Science

12:40-1:00

Science

1:00-1:20

Medical Science