



MYRESOURCES



STUDENT RESOURCE GUIDE

LEARN ABOUT DIFFERENT SERVICES THROUGH HURON & MAIN-CAMPUS!



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ACADEMIC ADVISING

ABOUT

Huron's academic advisors are here to help you define your academic goals and path. They are here to assist you with your decisions, provide resources and help with any other needs to make sure you reach your academic requirements and dreams. They are here to support you and your endeavors.

ACADEMIC CALENDAR

- The academic calendar is a document that outlines Huron, Western and other affiliate program options, requirements, and procedures. You would be able to find lists of academic policies for areas such as: admissions, administration, academic rights & responsibilities and exams & grading.
- If you have any questions regarding your alignment with the calendar, schedule an appointment with your academic advisor

INTENT TO REGISTER (ITR)

- During the end of Winter semester, students will be notified to complete their Intent to Register (ITR). This is a tool where all returning students indicate their chosen program
- If a student would like to switch programs, this is the process to make that official change. If you are considering switching programs, please visit your academic advisor to discuss a course of action.

ACADEMIC SUPPORT

LEARNING SKILLS SERVICES

Located at Western, [Learning Skills](#) is a resource for students to build important skills. They host amazing workshops, and also have the option to [book a session](#) with a learning counsellor. This service is located with tuition fees, so take it to your advantage!

EVENTS AND ACTIVITIES

- Throughout the year, Huron along with the HUCSC host events related to academics! Make sure to check out Huron's events calendar on OWL, and to keep an eye on the HUCSC Instagram.
- Academic Advising also hosts weekly office hours for students, visit their website page for specifics

CONTACTS

You are able to contact academic advisors to ask general questions, or to schedule a meeting!

- General inquiries: hurouss@uwo.ca
- Betty Camarinha: Academic Advisor ([email here](#))
- Laura Sedgwick, MA: Academic Advisor ([email here](#))
- Lauren Hogg: Academic Advisor ([email here](#))
- Katie Benko: Temporary Academic Advisor ([email here](#))
- Jennifer Morocco: Registrar ([email here](#))

ACADEMIC ADVISING

CONTINUED

ACADEMIC ACCOMMODATIONS

Academic accommodations may be provided in cases where you are not able to fulfill your responsibilities as a student. All accommodations must be accompanied by an Academic Consideration Form, in addition to other documentation. This may be on a few different grounds, such as:

- Medical (will require the completion of a Student Medical Certificate by a licensed healthcare provider)
 - Compassionate (will require things such as a death certificate, obituary, or other documentation)
 - Religious (must be a religious holiday listed in the UWO Multifaith calendar)
 - Varsity (will require a completed Intercollegiate Athletics Program Commitment Verification Form)
 - Test or Exam Conflict (would be the result of a direct conflict of two exams or tests, or a “heavy load” conflict (3 or more exams scheduled within a 23 hour period))
- Accommodations are not guaranteed. Documentation must be submitted within 24 hours of the student returning to duties to be considered.
 - Students with Disabilities must register with Accessible Education at Western to request permanent accommodations
 - This will require documentation from a healthcare provider and additional information to determine eligibility for various accommodations and alternatives.
 - For more information, visit the [Accessible Education website](#) or email aew@uwo.ca

CAREER DEVELOPMENT

ABOUT

Career Development provides support for students in acquiring professional skills, getting job experience, and planning their post-graduate careers from first year to graduation. This includes a variety of specific support areas, including job and volunteer opportunities, professional development programs, and much more!

JOB & VOLUNTEER OPPORTUNITIES

The Career Development team maintains a curated list of volunteer, internship, and job opportunities on its OWL page to inform students about opportunities on and off campus. The types of opportunities listed include:

CAREER DEVELOPMENT COORDINATORS

The Career Development coordinators each support the following programs:

- Taryn VanderMeulen ([email here](#)): Economics, Management and Organizational Studies, French
- Annemarie Pederson ([email here](#)): All other Arts and Social Sciences programs, Theology
- Megan Dykstra, Manager, Career Development ([email here](#))
- To book an appointment, go through the Calendly link for your respective advisor on the "Overview" tab on the Career Development OWL page.
- Some areas that they can provide support in include:
 - Career and Graduate School Advising and Planning
 - Your Career Development Coordinator can help you to plan out your trajectory during your undergraduate degree, as well as to determine what you may want to do post-graduation and what will get you there.
 - This includes career mapping, employer and graduate school search help, and
 - Job Search and Application Support
 - Your Career Development coordinator can help you in all steps of your job search, from brainstorming lists of potential employers through to mock interviews.
 - For application support, you must submit the application a minimum of 2 days before the due date.

HURON EXCLUSIVE AND HIGHLIGHTED OPPORTUNITIES:

- The Career Development team collaborates with local businesses, NGOs, and local government to create job and volunteer opportunities just for Huron students (Exclusive Internships), and highlights opportunities that for which the hiring committee has a specific interest in hiring Huron students, or with which the Career Development team has contacts (Highlighted Internships).
- To apply for these, you are expected to connect with a Career Development advisor at least 2 days in advance of the application date to receive application support, and may be required to attend a mock interview, depending on the position
- More generally, the OWL page also includes other positions that may be of interest to students that the team may come across.
- Career Development also provides a list of job boards relevant to different fields that students can use as a starting point in their job search

CAREER DEVELOPMENT

CONTINUED

PROFESSIONAL DEVELOPMENT PROGRAMS

Huron offers a variety of professional development programs, including:

- Workshops, on topics such as Resume and Cover Letter Writing and Networking
- The Harvard CORE program
 - A certificate program in partnerships with Harvard Business School Online which teaches participants business and problem-solving skills

THE HURON MENTORSHIP PROGRAM

A program that pairs first and second-year Huron students with upper-year students, and upper-year students with Huron alumni, to provide insight and support the students academic and career goals.

THE SCOTIABANK CAREER ACCELERATOR PROGRAM (CAP)

A designation in which students complete a variety of hands-on experiences (ie, attending workshops, completing an internship and volunteer placement, etc.) in order to develop various professional skills that are desired by certain employers.

RBC INNOVATION BOOTCAMP

- A biannual three-day bootcamp in which students are taught innovation methodologies, and then placed into teams of 5 and tasked with creating and pitching solutions for a partner organization to a panel of judges
- The winning team will receive \$2,500 dollars, and all participants will receive a certification of participation and food delivery gift cards to be used for meals during the bootcamp.

For more information on any of these opportunities, visit the Career Development OWL page, or speak to your Career Development Coordinator.

CAMPUS SAFETY

IMMEDIATE HELP

If you are in need of immediate assistance, use any of the resources listed below.

BLUE EMERGENCY PHONES

- The Blue Emergency Phones are an emergency hotline program located across all Western campuses that connects you directly to the Campus Special Constable Service at any time of day, 7 days a week, by simply pressing the button.
- The Blue Emergency Phones closest to Huron's campus are located in the Huron Parking Lot, in the Huron-Western tunnel, and on Burnlea Walk near Brough House.

HURON SECURITY

- The Huron Security team is able to help with any security concern on Huron's campus (ie. suspicious behaviour, residence security), as well as residence lock outs, and noose complaints.
- You can reach them 24/7 at 519-521-9407.

WESTERN SPECIAL CONSTABLE SERVICE (WSCS)

- The Western Special Constable Service (WSCS) is the police service that serves Western and the Affiliates.
- They have most of the same powers as the London Police Service, but their powers are limited to the Western and Affiliate campuses
- All 911 calls for incidents on Western or affiliate campuses are sent to the WSCS for dispatch.

For non-emergencies, call 519-661-3300 ext. 83300 or email wscs@uwo.ca.

STUDENT EMERGENCY RELIEF TEAM (SERT)

- The Student Emergency Relief Team (SERT) is a student-run volunteer organization that attends to minor, non-life threatening injuries that do not require an ambulance on Western, Huron, and Brescia's campuses.
- To contact SERT in an emergency, you can call 911 from any campus phone and be connected directly.
- Cell phone calls to 911 for a qualifying emergency for SERT will be rerouted to SERT, however it is recommended to call Western Special Constable Service directly instead at 519-661-3300.



CAMPUS SAFETY

CONTINUED

CAMPUS LATE NIGHT SAFEGUARDS

FOOT PATROL

- Foot Patrol provides safe escorts throughout Western and the Affiliate campuses for students, staff, and faculty.
- Escorts can wait with you for a bus, walk you to your car, or to a residence or other campus building.
- Volunteers will typically wear a Foot Patrol vest, but Plain Clothes Walks are also available upon request.
- Foot Patrol operates Monday-Thursday from 8pm-12am
- To request an escort, call 519-661-3650, or text the chat feature in the Western Foot Patrol app (available on the App Store and Google Play Store)
- It will take an average of 5-10 min for the escorts to reach you.

WORK SAFE PROGRAM

- The Work Safe Program is a collaboration between Foot Patrol and WSCS to “check in” on students, faculty, and staff working late on campus.
- The user will designate times that they will call WSCS or Foot Patrol (depending on the time of night).
- If the user doesn’t call within 5 minutes of the agreed upon time, WSCS or Foot Patrol will call them. If they do not pick up, a message will be left.
- After another 5 minutes without a call, WSCS will be dispatched for a welfare check.
- The user will also need to call to notify WSCS and Foot Patrol once they’re leaving for the night.
- After calling to register for the service, users can use the service any time they work late at night on campus.
- To register, call Western Foot Patrol (519-661-3650), or WCSC (519-661-3300).

GENDER-BASED AND SEXUAL VIOLENCE

ON-CAMPUS SUPPORT

- Gender-Based and Sexual Violence support is available to all members of the Huron Community, including students, staff, and faculty, through the Community Safety Office.
- A formal report or disclosure is NOT necessary to receive support or accommodations
- Some aspects of support available are:
 - Academic, residence, and employment accommodations requests
 - Referrals to internal and external counseling, medical, and other support services
 - Creating safety plans
- To reach out, email safety@huron.uwo.ca or sread9@uwo.ca, or call 519-438-7224 ext. 854
- Huron students can also seek support from the Western Gender-Based Violence and Survivor Support Case Manager, who can provide similar support to that of the Community Safety Office
- To access support, email support@uwo.ca, call 519-661-3568, or complete the [disclosure form](#) to have a case manager reach out to you.
- Accessing support or making a disclosure does NOT trigger a formal investigation.

CAMPUS SAFETY

CONTINUED

EXTERNAL AND OFF-CAMPUS SUPPORT

ANOVA

- ANOVA, one of London's most prominent anti-gender-based and sexual violence organizations, has a 24/7 crisis and support line to support survivors of all genders at 519-642-3000
- They also offer individual and group counselling to female-identifying people age 15 and older who have experienced sexual violence
 - For more information on counselling, call 519-642-3000

LONDON POLICE SERVICES

- To report an assault, call the non-emergency line at 519-661-5670.
 - If desired, the Huron Community Safety Office can walk you through the police reporting process, and support you through it.

ST. JOSEPH'S HOSPITAL SEXUAL ASSAULT AND DOMESTIC VIOLENCE TREATMENT CENTRE

St. Joseph's Hospital in London houses the Regional Sexual Assault and Domestic Violence Treatment Centre for London and the surrounding area.

- The Centre provides a variety of physical and mental health care for survivors, including:
 - STI and HIV testing
 - Pregnancy testing and prevention
 - Physical examination
 - Evidence documentation
 - Counselling and emotional support
 - Referrals
- Follow-ups from a social worker are also available



CAMPUS SAFETY

CONTINUED

GENDER-BASED AND SEXUAL VIOLENCE, RACISM, DISCRIMINATION, AND HARRASSMENT DISCLOSURES AND REPORTING

To disclose or report any instances of harassment, assault, racism, or other forms of discrimination involving Huron community members, you can speak to or email Sarah Read (Director, Community Safety) at sread9@huron.uwo.ca, or use the [reporting form](#)

- Reports can be made by the survivor/victim of the incident, or by a witness
- The reporting form can be filled out anonymously, and any fields of the form may be left blank.
 - Note: Huron may be limited in its ability to respond or pursue further action for anonymous reports (without name or contact information).
- Reports will be reviewed within 72 hours by the appropriate staff member (Sarah Read (Director, Community Safety) for cases where both the complainant and respondent are students, and Adri Britz, (Director, Human Resources) in cases involving staff or faculty), and the person who filled out the form will be contacted to confirm the information provided and discuss next steps.
 - Note: The submission of a report or complaint will automatically trigger a formal investigation from the University
- All reports and disclosures are kept confidential, except where prohibited by law or if a person's safety is at risk.
 - The Respondent will also be notified of the identity of the Complainant as well as a copy of the Complaint in the case of a formal investigation.



CAMPUS SAFETY

CONTINUED

GENDER-BASED AND SEXUAL VIOLENCE, RACISM, DISCRIMINATION, AND HARRASSMENT DISCLOSURES AND REPORTING

Huron community members may also disclose or report to Western's Gender-Based Violence and Survivor Support Case Managers or through the Western Racism and Harassment Reporting or Gender-Based and Sexual Violence Disclosure Tools.

- Disclosures or Reports may be made by the survivor/victim of the incident, or by a witness
- Disclosures of Gender-Based Sexual Violence can be made to the Gender-Based Violence and Survivor Case Manager in-person, over email at support@uwo.ca, over the phone at 519-661-3568, or through the [disclosure form](#)
 - A disclosure does NOT automatically trigger a formal investigation by the University
- Reports of Gender-Based Sexual Violence can be made to the Gender-Based Violence and Survivor Case Manager in-person, over email at support@uwo.ca, over the phone at 519-661-3568, or through the [reporting form](#)
 - A report automatically triggers a formal investigation by the University
 - However, the University may be limited in its ability to pursue anonymous reports or reports made by third-parties.
- Reports of Harassment, Discrimination, or Racism may be made via email to the Western Human Rights Office (HRO) at humanrights@uwo.ca, or via the [reporting tool](#)
 - You may submit an anonymous report, however the University's ability to respond may be limited.
 - Following the report, the HRO will reach out to you within 48 hours with information, support, and often the offer for a confidential meeting
 - You will then be provided with your options under the Policy, as well as the opportunity to make a formal complaint and alternative resolutions.

Community Safety contacts: Sarah Read, Director, Community Safety
(safety@huron.uwo.ca or sread9@uwo.ca)



CURL

CENTRE FOR UNDERGRADUATE RESEARCH & LEARNING

The Centre for Undergraduate Research Learning is a place for all students to learn more about research, pursue independent projects, and learn new research skills through a variety of opportunities, such as:

FUNDING

RESEARCH FELLOWSHIP

- CURL awards 8 students per year (4 in Fall/Winter, 4 in the Summer) with a \$1500 fellowship to fund an independent research project with the support of a faculty mentor.
 - Additional fellowships are sometimes offered based on external donations (ie. Taylor Boyd Fellowship which support projects related to Psychology or Education).
- Students receive the monetary award to support any research-related costs and to help supplement students' income during the duration of the fellowship period, as well as receive one-on-one faculty mentorship.
- Projects from any discipline are welcome, with preference for projects that are interdisciplinary in nature or employ innovative methodologies.

RESEARCH SKILLS BURSARY

- The Research Skills Bursary is a \$150 fund to support students' skill building through workshops and conferences.
- Students must have a faculty mentor sponsor the application and have knowledge of the student's intention to attend the event or program in question.
- Applications are accepted on a rolling basis from July 1 to March 30 during the academic year.

TRAVEL BURSARIES

- Travel bursaries fund students' travel expenses to conferences, events, research locales, or opportunities that bolster the student's academic or career skills.
- The \$500 awarded is intended to fund students' registration, transportation, housing, and other expenses during their trip.
- NOTE: Travel bursaries have not been offered since the 2019-2020 academic year due to the COVID-19 pandemic, and their availability is pending COVID health and safety risks.

CURL

CENTRE FOR UNDERGRADUATE RESEARCH & LEARNING

WORKSHOPS

- CURL offers free workshops throughout the year to the student body to help them further develop skills and learn more about research
- Past topics include:
 - Prepare to Pitch: A research proposal workshop to help students improve their skills for both CURL Fellowship and other applications
 - SSHRC & OGS: An information session for students pursuing SSHRC and OGS funding for their graduate studies

CONFERENCES

- CURL hosts two conferences each academic year (a Fall exhibition and a Spring Conference) in which students present their work to the community to build their knowledge mobilization and presentation skills.
- Since the COVID-19 pandemic, the conferences have moved to a hybrid format, allowing student researchers to present their work either in-person or asynchronously on Instagram
- Presenters are encouraged to use innovative, more accessible ways to communicate their findings to their audiences and to think “beyond the PowerPoint”.
- Presentations come from students of all disciplines, including as part of course work or independent study.

For more information, application forms, and due dates, visit the CURL [website](#), or follow CURL on Instagram at [@curlathuron](#).

CURL contacts:

- CURL contact email (curl@uwo.ca)
- Dr. Christine Tsang, Chair of the CURL Steering Committee (ctsang33@uwo.ca)
- Emily Poirier, HUCSC VP Student Affairs & CURL Steering Committee Student Representative (vpstudentaffairs@myhuron.ca).

LIBRARY SERVICES

ABOUT

Huron's Library offers work spaces for various purposes. Ranging from quiet individual study (Reading Room, Study Carrels in the Upper Stacks, and the Mezzanine), to collaborative (study rooms, Library Commons, Tech Tables, and CURL Studio) spaces, there is a place to suit almost any type of work environment you may need.

RESEARCH HELP

Research Help Desk

- Huron's Research Help Desk is a resource dedicated to helping students and faculty with any research they are pursuing.
- They can help with finding sources (ie. crafting keyword searches, using research tools, evaluating sources), as well as appropriate citation (selecting a style and ensuring you know how to use it).
- You can drop in to the research help desk located in the library commons during select hours, or book an appointment through the Library page on the Huron website

Library Guides

- What are library guides?
 - Library Guides are a discipline/program-specific centralized resource of databases, academic journals, and more, curated by your very own Huron Librarians!
 - They can help to find peer-reviewed and grey literature (ie. NGO reports, policy papers, government documents) that may not show up through OMNI or other generalized engines
 - You can find them through the library page on Huron's website under the "Research Guides" tab

TECHNOLOGY LENDING

The library also offers a variety of tech items for short-term loan (two hours to full day) including headphones, and phone and laptop chargers to support your academic technological needs

CONTACTS

- Rachel Melis, Interim Director of Library and Learning Services ([email here](#))
- Patrick Gavin, Teaching and Learning Librarian ([email here](#))
- Ryan Rabie, Digital Scholarship Librarian ([email here](#))

WELLNESS CENTRE

ABOUT

The Wellness Centre is a space and service that supports all students in achieving their wellness and academic goals. The values of the Wellness Centre include authentic student engagement, a student-centered approach, responsiveness, inclusion, innovation and accountability (evaluation). All areas of wellness and health promotion are addressed and support is provided in a timely fashion to students individually or in a group setting.

COUNSELLING

- The Wellness Centre offers counselling and support to students in-person, as well as over phone and Zoom.
- You can schedule an appointment to discuss:
 - Stress and anxiety
 - Low mood and depression
 - Relationships
 - Homesickness or transitioning to university
 - Grief and loss
 - Or anything else that might be on your mind
- To book an appointment, visit their [website](#) and fill out the form, or email huronwellness@uwo.ca
- In-person drop-in sessions are also available Mondays 1:30-2:30pm and Thursday 9:30-10:30am in the Wellness Centre.

SELF-GUIDED SUPPORT

- Therapy Assistance Online (TAO) is an online self-help platform that includes many modules on anxiety, mood, relationships, mindfulness and more.
- To access [click here](#) and sign in using your Western ID
- Other resources to help with self care and coping, anxiety & stress, depression, sleep, relationships, and parents & supporters are available on Huron's website

To find out more about the TAO partnership and other resources, head to the Wellness [website](#)

CRISIS SUPPORT

REACH OUT

- A 24/7 Mental Health and Addictions English/French bilingual crisis line based in London-Middlesex.
- They can provide you with
 - Information and Education
 - Listening and support
 - In the moment mental health or addictions support
 - 911 or a crisis support team
- You can reach out to them via text at 519-433-2023 or call 519-433-2023 or 1-800-933-2023

CAMH

- Crisis Centre
 - The CAMH Crisis Centre provides 24/7 in-person crisis support, including crisis assessment, intervention, stabilization, and referral to community resources
 - They are located at 648 Huron St.
 - For more information, call 519-434-9191
- Crisis Line
 - The CAMH Crisis Line provides similar services as the Crisis Centre, but over the phone.
 - To access support, call 1-844-360-8055.

POST-SECONDARY STUDENT MENTAL HEALTH HELPLINE

- A crisis support line dedicated to supporting post-secondary students in Canada
- To reach them, call 1-866-925-5454

WRITING & TUTORING SERVICES

Housed within the Library, Writing & Tutoring Services provides free writing and course content support to Huron students. Students can book up to 2 hours of in-person or Zoom appointments per week with the peer or specialist tutors.

WRITING SUPPORT

COURSE CONTENT TUTORING

- Tutoring is available for all Huron Math courses, select Economics courses, and BUS 1220.
- Math support is conducted by Dr. John Drozd (PhD in Mathematics and Theoretical Physics and instructor at Fanshawe), and doctoral candidate Ali Al-Khairi.
- All other course tutoring is conducted by upper-year students with strong academic records in their subject areas.
- You can book [in-person appointments](#), and [online appointments](#)

WRITING CAFE

- The twice a week virtual Writing Cafe is a space for students, faculty, and staff to get reading and writing done in a commitment-free, casual, and supportive environment.
- This includes guided writing and reading time (ie. Pomodoro, other timed or set productivity strategies) as well as conversations around productivity, wellness, and other related topics.
- Drop in anytime from 9:30am-11:30am EST on Mondays and Wednesdays
- For more information and the Zoom link, visit their [website page](#)

WRITING TUTORING

- Writing tutors are upper-year students who provide peer support in any steps in the writing process, from brainstorming through to revision and editing.
- They can assist with assignments or written materials of any variety from essays to reflections, as well as presentations or job application materials (resumes, CVs, cover letters).
- Tutors help to identify strengths and areas for improvement and provide overall feedback.
- For students whose primary language is not English, two certified English Language Learning specialists are available for more intensive support

WRITING AND LEARNING SERVICES CONTACTS

- Dr. Matt Rahimian, Manager, Writing and Learning Services ([email here](#))
- Christian Vivinetto, Lead, User Services ([email here](#))
- Ryan Rabie, Digital Scholarship Librarian ([email here](#))



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