

A photograph of a paved walkway on a university campus. The path is flanked by lush green trees and bushes. In the background, a modern building with large windows and a brick building are visible under a clear blue sky. The scene is bright and sunny, with shadows cast on the path.

Western  Social Science

FIRST YEAR GUIDE

2022/2023

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DEAN'S WELCOME

Dear Western Social Science students,

Congratulations on your admission to Western and welcome to this incredible and inclusive community of learning. We acknowledge that Western University is located on the traditional lands of the Anishinaabek, Haudenosaunee, Lunaapéewak and Chonnonton peoples, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum. I am thrilled that we will have the opportunity to begin a new year of our academic lives together.

Social science encourages curiosity, open inquiry, and an ability to assess evidence. It prepares students to develop the necessary lifelong skills that employers want such as active listening, social perceptiveness, working in and through diverse cultures, communicating clearly in multiple formats and critical thinking. Be open to the possibilities of unsettling your assumptions, challenging your preconceived notions, and defamiliarizing the familiar as you learn about our social and natural worlds through our classes and conversations.

As you think about the courses you plan to take this fall and the extracurricular activities you want to pursue here on campus, I want to assure you that there is no “best” way to experience Western. At Western seize the opportunity to be the author of your own story, and in the process, create a new and better Western for all of us.



Regards,
Dean Harney



SOCIAL SCIENCE STUDENTS' COUNCIL WELCOME

Hello!

My name is Bianka Sriharan and I am this year's President of the Social Science Students' Council (aka SSSC, "triple s-c")!

Welcome to Western, and more importantly, welcome to Social Sci. You will soon learn that this faculty has so much to offer, and SSSC is here to help you navigate it. Maybe you aren't sure if you're in the right program, or even the right faculty (I know I wasn't!), we can help you. From midterm review sessions, to social events, we have lots planned to help you find your place here.

SSSC also represents and advocates for Social Science students at various levels of student government. We work to represent your voices and your concerns, and you can get involved too! Come out to our events, meetings and even apply to be a First Year Representative when applications open in the next month or so (stay tuned!).

Above all else, we are a community. Starting first year can be terrifying, and it's a HUGE step on your journey. If you ever feel alone, you have all 50+ members of the SSSC in your corner. We'd love to meet you, chat with you and even have you on our team. The next few pages of this guidebook will have the names and contact information of people on SSSC who can help you throughout this year!

I hope to see you around this year, if you see me on campus please say hello! SSSC has been my home since my first year and I hope to pay it forward to all of you.

Best of Luck,

Bianka Sriharan (she/her)

President, Social Science Students' Council

4th Year Political Science and Psychology

president@ssscwestern.com

Instagram/Facebook: @ssscwestern



MEET THE EXEC TEAM

The SSSC has 5 portfolios that run their own initiatives and events, here are the vice presidents that run them!

Academics



Nika Bajaj (she/her)
academics@ssscwestern.com

Advocacy



Ann Lei (she/her)
advocacy@ssscwestern.com

Communications



Srinjoyee Chakraborty (she/her)
communications@ssscwestern.com

Events



Savannah Mastronardi
events@ssscwestern.com

Finance



Firuza Huseynova (she/her)
finance@ssscwestern.com

MEET YOUR DEPARTMENT REPRESENTATIVES

Your department representatives are the connection between department clubs, SSSC, department administration and you! Get to know your department representatives and reach out to them if you have any questions about your programs!

BMOS



Sophia Anadranistakis
sanadran@uwo.ca

BMOS



Thomas Masson
tmasson@uwo.ca

Economics



Cassandra Lundsgaard (she/her)
clundsga@uwo.ca

Gender, Sexuality and Women's Studies



Siddharth Maheshwari
smahesh3@uwo.ca

Geography & Environment



Matthew Hung (he/him)
mhung24@uwo.ca

History



Daniel Klapper
dklapper@uwo.ca

Indigenous Studies



Anisha Regmi
aregmi6@uwo.ca

Political Science



Chloe Vanderlugt (she/her)
cvand55@uwo.ca

Psychology



Sophie Luo (she/her)
sluo224@uwo.ca

Sociology



Chelsey Flagler (she/her)
cflagler@uwo.ca

MEET YOUR SENATORS

Senate makes decisions regarding academic policies, university planning, and other crucial projects. The Faculty of Social Science sends two elected student Senators to represent the faculty at the Senate by voting on important items and sitting on decision-making committees.



Emilie Kalaydjian (she/her)
ekalaydj@uwo.ca



Hailey Arnott
harnott2@uwo.ca

MEET YOUR COUNCILLORS

Social Science Councillors are students who represent you on the floor of the University Students' Council (USC). There are eight councillors, including the faculty president – one per thousand social science students. The USC Council is the primary student-led governing body on campus. Your Councillors are here to amplify your voice, so please don't hesitate to reach out to them at any time with concerns, questions and ideas!



Sofia Ouslis (she/her)
sofia.ouslis@westernusc.ca



Harry Alorgbey Sardina (he/him)
harry.sardina@westernusc.ca



Peter Kermack (he/him)
peter.kermack@westernusc.ca



Jordyn Cohen
jordyn.cohen@westernusc.ca



Alina Adamesco
alina.adamesco@westernusc.ca



Dorian Jones
dorian.jones@westernusc.ca



Felix Nomerovsky
felix.nomerovsky@westernusc.ca

FACULTY SOPH TEAM WELCOME

Who Are We?

Social Science Faculty Sophs are students who volunteer their time to support first year students during their first year at Western University. Essentially, Social Science Sophs are some of the easiest friends to make during your transition to university.

During Orientation Week, Sophs act as leaders to show students around campus, and lead them through activities and education sessions. Faculty Sophs act as year long resources for their students, continuing to be pillars of support, and connecting them to available resources and information on campus when they need it.



Your Soph Leadership Team

(from left to right)

Conner Quinton (*Programming Assistant*)

Meredith MacFarlane (*Programming Assistant*)

Beverly Moye (*Head Soph*)

Shelby Laing (*Programming Assistant*)

Matteo Pasquale (*Programming Assistant*)

IMPORTANT DATES

Note: please review Western's Academic Calendar (westerncalendar.uwo.ca) for all Sessional Dates.

2022

September 8

Fall/Winter Term classes begin

September 16

Last day to add a full course, a first-term half course, a first-term full course, or a full-year half course on campus and Distance Studies.

October 31 - November 6

Fall Reading Week

November 12

Last day to drop a first-term half course without academic penalty

November 30

Last day to drop a full course without academic penalty

December 8

Classes end

December 9

Study Day

December 10 - 22

Mid-year examination period

2023

January 9

Classes resume

January 17

Last day to add a second-term half course

February 18 - 26

Spring Reading Week

March 7

Last day to drop a second-term half course without academic penalty

April 10

Fall/Winter Term classes end

April 11 - 12

Study Days

April 13 - 30

Final examination period

COURSE INFORMATION

Note: please review Western's Academic Calendar (westerncalendar.uwo.ca) for further details on course information.

Course Numberings

0001 - 0999*	Pre-University level introductory courses
1000 - 1999	Year 1 courses
2000 - 4999	Senior-level undergraduate courses

Course Suffixes

No suffix	1.0 course not designated as an essay course
A	0.5 course offered in first term
B	0.5 course offered in second term
A/B	0.5 course offered in first and/or second term
E	1.0 essay course
F	0.5 essay course offered in first term
G	0.5 essay course offered in second term
F/G	0.5 essay course offered in first and/or second term
H	1.0 accelerated course (8 weeks) in the School of Nursing
J	1.0 accelerated course (6 weeks) in the School of Nursing
K	0.75 course
Q/R/S/T	0.25 course offered within a regular session
U	0.25 course offered in other than a regular session
W/X	1.0 accelerated course (full course offered in one term)
Y	0.5 course offered in other than a regular session
Z	0.5 essay course offered in other than a regular session

Course Dictionary

Antirequisite	Courses that overlap sufficiently in course content that both cannot be taken for credit.
Prerequisite	Courses that must be completed prior to enrollment in more advanced course.
Corequisite	Courses that must be completed concurrently with another course
Blended Course	Fusion of face-to face and online learning activities
Distance Studies	Course offered only online

Breadth Requirements

- In first year, students must include 1.0 course from each of two of the three categories A, B, and C.
- Students must successfully complete 1.0 course from each of Categories A, B, and C, prior to graduation.

Category A	Social Science, Interdisciplinary and Multidisciplinary & Various
Category B	Arts and Humanities & Languages
Category C	Engineering, Science, Medical Science & Various

PROGRAM & MODULE INFORMATION

[American Studies](#)

[Anthropology](#)

[Commercial Aviation Management](#)

[DAN Management](#)

[Economics](#)

[Gender, Sexuality, and Women's Studies](#)

[Geography and Environment](#)

[History](#)

[Indigenous Studies](#)

[International Relations](#)

[Linguistics](#)

[Neuroscience](#)

[Political Science](#)

[Politics, Philosophy, and Economics](#)

[Psychology](#)

[Sociology & Criminology](#)

[Transitional Justice and Post Conflict Reconstruction](#)

[Urban Development](#)

[*All programs*](#)

HELPFUL WESTERN RESOURCES

Academic Calendar westerncalendar.uwo.ca

Accessible Education accessibleeducation.uwo.ca

Career Education career.uwo.ca

Campus Recreation uwo.ca/campusrec

Experiential Learning experience.uwo.ca

Financial Aid registrar.uwo.ca/student_finances

Foot Patrol uwo.ca/footpatrol

Gender-Based Violence & Survivor Support survivorsupport.uwo.ca

Human Rights Office Reporting Tool uwo.ca/hro/discrimination/help

Indigenous Student Centre indigenous.uwo.ca/students

International & Exchange Student Centre iesc.uwo.ca

Learning Development & Success learning.uwo.ca

Office of the Ombudsperson uwo.ca/ombuds

Office of the Registrar registrar.uwo.ca

Student Emergency Response Team (SERT) sert.uwo.ca

Student Health & Wellness Services health.uwo.ca

University Students' Council westernusc.ca

Writing Support Centre writing.uwo.ca

CONNECTING WITH PEERS

Academic Success Program: First-Year Mentorship

The [Academic Success Program \(ASP\)](#) is an academic mentorship program that will connect you with upper-year students in your faculty. ASP Mentors will support you with:

- Meeting friends in your faculty
- Answering questions about resources
- Navigating campus
- Understanding and applying your unique strengths to your courses and co-curricular activities
- Developing academic skills and strategies

Other opportunities to connect

Western has many programs designed to connect you with upper-year students that have shared your experiences who can guide you throughout your first year, including:

- [Academic Success Program: Sport](#)
- [Indigenous Student Transition Program](#)
- [International Peer Guide Program](#)
- [Out of Province Student Association](#)
- [Peer Assisted Learning \(PAL\) Centre](#)
- [Society of Mature Students](#)
- [Society of Off Campus Students](#)
- [Student Leaders in Residence](#)



WHAT I WISH I KNEW SOONER

(TIPS FROM YOUR FACULTY SOPHS)

WHAT ARE SOME OF THE KEYS TO SUCCESS YOU USED IN FIRST YEAR (OR WISH YOU DID)?

- » Giving myself BREAKS! So crucial to seeing success in both my mental health & academics. It allowed me to take quick resets and like my brain relax, it also allowed me to separate my leisure time from my work time.
- » Office hours! I was always too intimidated to go, but then when I went to one or two with professors I was comfortable with, I gained the confidence to go to any and I am so happy I did!
- » I wish that I had managed my time better and followed through with my schedule. Creating a realistic schedule, not an idealistic one is a key to success I found later.
- » I think a really important key to my success in first year was understanding and using the resources provided by Western. In my first year, I became really close to my Soph and told her about some of the things I was struggling with. She was able to teach me about all of the resources that Western had in place, and how she had used them herself. She completely normalized asking for help and using the resources that were accessible for me, and it completely changed the way I experienced university.
- » A major key is identifying and understanding the best studying habits for you. More often than not, your studying habits from high school might not be as effective in university.
- » Accessible Education! Use it! Writing clinics! Actually go to your professor's office hours! Go use those free therapy sessions! Go to peer support! There are so many resources out there that are built to make your university life more comfortable and you shouldn't have to needlessly struggle.

HOW DID YOU ESTABLISH A SCHOOL-LIFE BALANCE IN YOUR FIRST YEAR (OR WISH YOU DID)?

- » A great way to establish a balance is by meeting and talking to people in your classes. This is a way to meet new people and create new social interactions that can also prove to be beneficial from an academic perspective.
- » I gave myself a cut off. Until dinner I made sure to put as much time needed into my school work until dinner and then allowed myself to enjoy the night and reset for the next day.
- » I used the time between my classes to do school work so I had less to do at night so I could hang out with friends. Also limiting my screen time gave me so much more time!
- » Made plans with my boyfriend to Facetime for an hour at least once a week so that we could connect the way we used to when I was home!
- » To be quite honest, I did not have the best school-life balance in my first year. It was tough! I wanted to bond with my floormates, be social with my friends, and participate in extra-curriculars all while navigating a really hard workload. I felt guilty for turning away experiences and opportunities and would frequently get burnt out. I'd tell my first-year self that you're allowed to say no. It's okay if you're tired and need time for yourself, or if you would rather study on a night everyone else is social.
- » I think it's really important to take things day by day, and treat school like a 9-5 job. If you need to stay in the library the entire time while you're doing your "job shift" then so be it. That way you can separate your social life from your school life.
- » Making use of a planner to stay organized, joining course group chats, making time in the first week to go through the syllabus and write down all your due dates on a calender/planner to enable you to plan ahead, forming study groups that'll help you stay motivated, and just putting yourself out there and making the most out of your first year because it goes by so fast (you need to have a balance between your social and academic life!)
- » Utilize any upper years you know who took classes to ask them questions about course content, or if they used any useful resources to help them out.

HOW DID YOU GET COMFORTABLE ON CAMPUS, AND WHAT COULD NEW STUDENTS DO TO FEEL AT HOME?

- » Bring things that personalize your room and bring a level of comfort to your personal space. That might be a poster, picture to put on your desk, or just something that is unique to you.
- » Joining intramurals or clubs! This allowed me to connect with people who had some of the same interests as me who I might not have met through my academics.
- » This might sound silly but Uber Eats food from different places or walk around grocery stores when you have time so that you can become comfortable with the food (that was a really big thing for me being away from my parents cooking).
- » I really enjoyed going to campus to study rather than staying home. Being around other students made me feel a part of the community and motivated.
- » During OWeek my roommates and I went to every event we possibly could, which meant we spent a LOT of time on campus. During those times we would explore areas that we could with our Sophs, and learned about our faculty buildings. Sometimes it's easier to explore new areas with a friend, buddy, or even a soph, so that you don't feel like you're the only one who doesn't know the environment.

WHAT RESOURCES IMPROVED YOUR FIRST YEAR EXPERIENCE?

- » Consider running for first-year representative positions, it'll give you a chance to learn from the upper years in the club and it will get you involved on campus.
- » I wish I knew how many mentoring opportunities there are for first year students to get a mentor specific to their interests in my first year.
- » Would have loved to know more about the health and wellness support Western offered when I was a first year. I feel like if I had gone through counselling sooner I would've been better equipped to understand my emotions & how to work with them.
- » I would constantly use Western's live chat to answer my questions. It was very convenient for quick questions that peers or Reddit couldn't answer.
- » Outside of my sophs and professors, I would regularly meet an academic counsellor in my first year. Academic counsellors can be great because they can help you to understand how to be successful in your first year. I had a lot of questions about my courses that I felt uncomfortable discussing with my professor. They can refer to other services, tutors or study sessions, or just be a friendly face.
- » During my first year I struggled with my mental health, however through the help of my sophs, and dons I was connected to the peer support program, counselling and accessible education. These organizations provided me with plans, options, and ideas on how to deal with life and academics. This support was very beneficial to improving the status of my mental health and helped me take control of my academic, and personal life.
- » I reached out to Writing Support! Writing my first paper was really difficult and they gave me helpful advice.

WHAT ARE SOME FUN/ENGAGING/HELPFUL CLASSES THAT YOU TOOK IN YOUR FIRST YEAR?

- » I really enjoyed my Business 1220 course, I enjoyed the material, my professor was super engaging and interactive with the class. and it set a good tone for my expectations for the rest of my classes and my year as a whole.
- » Dr. Mike for Psych 1000 was so entertaining & engaging. He truly was the first prof to have my attention & made me want to hear more.
- » I'm minoring in Music and really enjoyed Theory I with De Souza, and I recommend taking elective courses that you have passion for, even if it does not go directly to your degree. I also took a language course for my breadth requirement and loved it so much!
- » GSWS 1021 (Intro to Sexuality Studies): Honestly this course is for everybody and was really really fun. Helps prepare you for upper year essay writing.
- » I wasn't in Social Science in my first year, but you can always use your electives to explore outside of your major! For some fun/engaging classes in first year, I would recommend: CompSci 1033 (basically intro to graphic and media design), Intro to Consumer Behaviour 1021 (perfect mix between advertising/business and human behaviour), and MIT 1050 (explores media advertisements, large media corporations, and the music/film industry).
- » Women Studies 1020E - It was extremely eye opening and brought light to several ongoing issues in society, and how we can be more inclusive individuals.

DID YOU EVER ASK YOUR SOPH FOR HELP IN FIRST YEAR?

- » During the spring of first year, I had come to my soph with questions regarding my Intent to Register Form. I messaged my social science soph regarding the pros/cons of registering for a specialization vs. honours specialization etc.
- » I asked one of the sophs last year if they could sit down with me and help me schedule my time management for the next little while. They helped me determine times I could focus on me, and when I could make time to eat, which is something I struggled with.
- » During clubs week I asked all my sophs which clubs they would join or have joined. This gave me a chance to see many different opinions on which clubs would be a good fit for me.
- » My first year was completely online so I had a lot of trouble navigating OWL and trying to figure out the assigned tasks I had to complete for my courses. Luckily, my sophs jumped in right away and helped me figure out OWL.
- » I was struggling deeply with my mental health at the time in first year, and I didn't feel comfortable asking for help especially from any sort of "perceived" authority figure. A Soph felt like another older friend/mentor, and my soph was the one to direct me to campus resources, ask me if I'm okay and genuinely try their best to get me the help that I needed.
- » One time when I was having a panic attack the night before an exam, I went to one of my sophs and he really helped me get through it. He kind of let me know that it was ok to relax and make your mental wellbeing a priority in that moment, which may actually help you do better in the long run.

BEST STUDY SPOTS ON CAMPUS

(ACCORDING TO YOUR SOPHS)

International and Graduate Affairs Building and UC Hill

Spencer Room in Weldon

Pretty basic, but my desk. I like that it's my space

FIMS & Nursing Building and North Campus Building

Soc Sci Study Room

Thames Hall

Law Library

Somerville House (Lucy's dining area) or Stevenson Hall (it's so quiet!)

BUILDING ABBREVIATIONS

3M	3M Centre
AFAR	Advanced Facility for Avian Research
SEB	Alexander Charles Spencer Engineering Building
TL	Allyn & Betty Taylor Library
AH	Alumni Hall
AHR	Alumni House Residence
ACEB	Amit Chakma Engineering Building
HSB	Arthur & Sonia Labatt Health Sciences Building
AHB	Arts & Humanities Building
AUHR	Ausable Hall Residence
BAHR	Bayfield Hall Residence
BHR	Beaver Hall Residence
BGG	Biological & Geological Greenhouses
B&GS	Biological & Geological Sciences Building
BIO	Biotron
BLWT	Boundary Layer Wind Tunnel
CYDC	Centre to Child & Youth Development Clinic (BMO)
CHB	Chemistry Building
CMLP	Claudette MacKay-Lassonde Pavilion
CB	Collip Medical Research Building
WL	D.B. Weldon Library
DHR	Delaware Hall Residence
DSB	Dental Sciences Building
CSB	Dr. Don Rix Clinical Skills Learning Building
EC	Elborn College
ELHR	Elgin Hall Residence
EO	Elginfield Observatory
ESW	Environmental Science Western Field Station
EHR	Essex Hall Residence
FNB	FIMS & Nursing Building
FPC	Fraunhofer Project Centre for Composites Research
GL	Gibbons Lodge

GSB	Graphic Services Building
HSA	Health Sciences Addition
ICFAR	Institute For Chemicals & Fuels from Alternative Resources
IRL	Insurance Research Lab For Better Homes
IGAB	International & Graduate Affairs Building
ISLC	Ivey Spencer Leadership Centre
FEB	John George Althouse Faculty of Education Building
VAC	John Labatt Visual Arts Centre
LB	Josephine Spencer Niblett Faculty of Law Building
KB	Kresge Building
LAHR	Lambton Hall Residence
WSC	Laurene O. Paterson (Western Science Centre)
LWH	Lawson Hall
LIDAR	Light Detection & Ranging Research Facility
LOHR	London Hall Residence
MSA	Material Sciences Addition
MG	McIntosh Gallery
MSB	Medical Sciences Building
MHR	Medway Hall Residence
MC	Middlesex College
MBL	Molecular Biology Laboratory
MOA	Museum of Ontario Archaeology
MB	Music Building
NSC	Natural Sciences Centre
NCB	North Campus Building
OHR	Ontario Hall Residence
PHR	Perth Hall Residence
PPL	Photoperiod Laboratory
PAB	Physics & Astronomy Building
PLE	Platts Lane Estates
PP	Power Plant
IVEY	Richard Ivey Building
RRI	Robarts Research Institute
SMHR	Saugeen-Maitland Hall Residence
SSC	Social Science Centre

Continued on next page

SH	Somerville House
STAB	Staging Building
STVH	Stevenson Hall
SSB	Support Services Building
SYHR	Sydenham Hall Residence
TC	Talbot College
TH	Thames Hall
COL	The Collider (Formerly Accelerator)
CO	The Cronyn Observatory
SDRI	"The Harold W. Siebens Centre Siebens-Drake Medical Research Institute"
TEB	Thompson Engineering Building
TRAC	Thompson Recreation & Athletic Centre
UC	University College

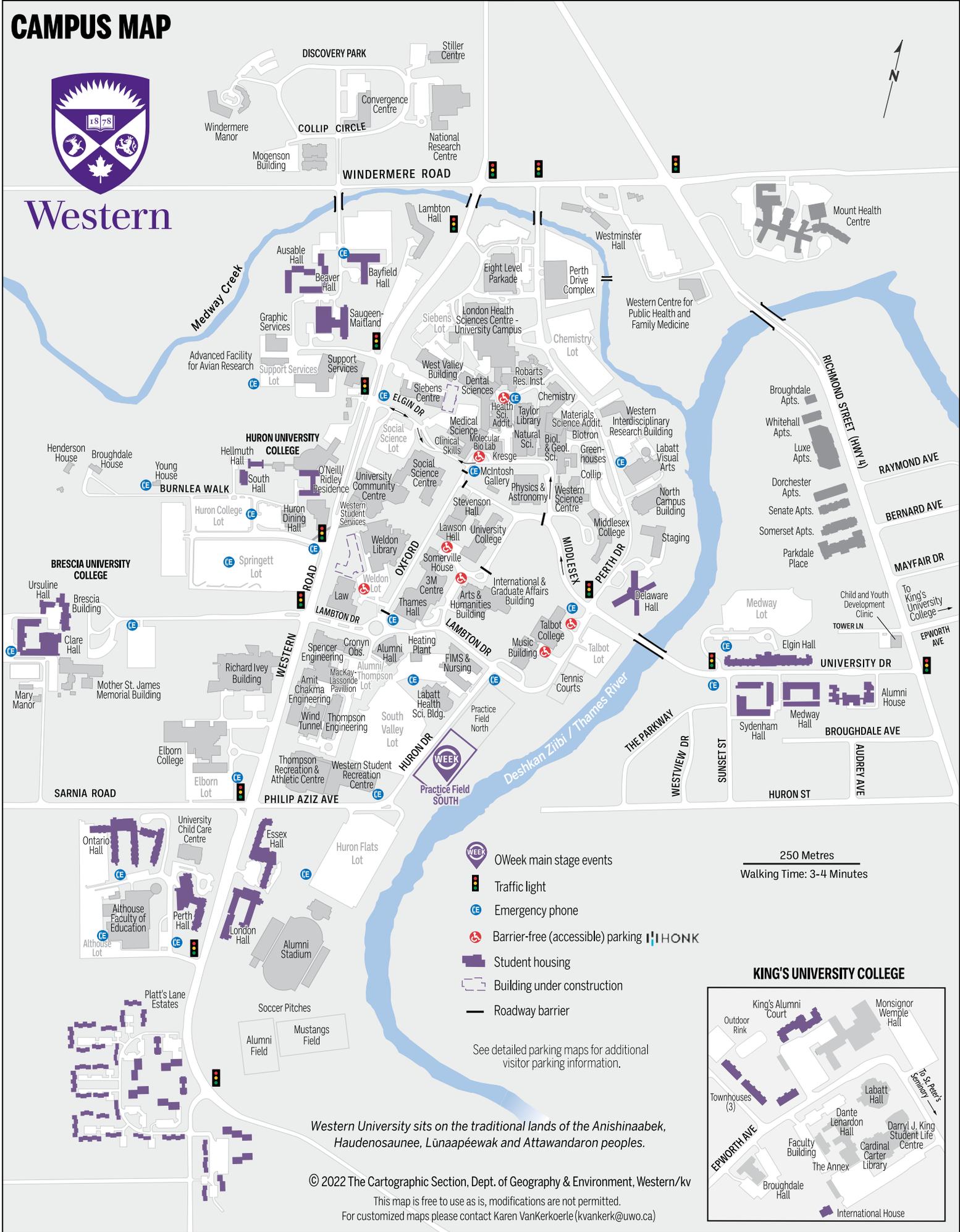
UCC	University Community Centre
UYCC	University YMCA Child Care
WVB	West Valley Building
WAS	Western Alumni Stadium
PHFM	Western Centre for Public Health & Family Medicine
WCS	Western Continuing Studies
WIRB	Western Interdisciplinary Research Building
WSRC	Western Student Recreation Centre
WSSB	Western Student Services Building
WTC	Western Tennis Club
WH	Westminster Hall
WINDEEE	Wind Engineering, Energy & Environment



CAMPUS MAP



Western



Western University sits on the traditional lands of the Anishinaabek, Haudenosaunee, Lūnaapēwak and Attawandaron peoples.

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 For customized maps please contact Karen VanKerkoerle (kvanker@uwo.ca)

