



Western  
UNIVERSITY • CANADA

# Agenda

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1. **Linda Miller:** Successful Progression Through your Program
2. **Taniya Singh Nagpal & Lorraine Davies:** Your Safety Matters
3. **Nanda Dimitrov:** Making the Most of Resources Along Your GradPATH
4. **Ashleigh Lerch:** The Student Success Centre
5. **Earl Blaney:** International & Exchange Student Centre
6. **Indranil Chakraborty:** PSAC 610 – GTA & PDA Union
7. **Tamara Hinan:** Society of Graduate Students
8. **Laura Greenwood:** Professional Master's Student
9. **Thomas McMurrough:** Doctoral Student

**Adjourn for pizza and cookies!**

# Successful Progression Through your Program: Goals, Supervision, Professional Development, Balance and Wellness

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Associate Vice-Provost

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# Goals

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- *What do you want from your graduate studies?*
- *Where do you see yourself headed?*
- In addition to your program requirements (courses, milestones), pursue opportunities to advance your goals:
  - Elective courses
  - Dual degree opportunities
  - Collaborative programs
  - Visiting student opportunities
  - Interdisciplinary research teams

# Supervision

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- To progress in your grad studies, you need mentoring
  - Grad studies is more than successful completion of a set of courses
- Supervisors/advisors/mentors help you make transitions in professional and research development
- They guide you on topics such as the values, norms, practices, and expectations specific to your discipline

# The Graduate Student – Supervisor/ Mentor Relationship

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- Your supervisor/mentor is a key part of your success
- Your supervisor/mentor is your:
  - Guide
  - Promoter
  - Advocate
  - Facilitator
  - Role model
  - Supporter
- Like any interpersonal relationship, the supervisor-student relationship develops and changes over time

# Student – Supervisor Relationship

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- Is most effective when:
  - Goals and expectations are clear
  - When the student and supervisor communicate frequently and effectively
- What do you need to do to:
  - Be self-directed: think about your future – immediate and more distant
  - Be proactive: don't wait for your supervisor to ask for things
  - Be inquisitive: ask, ask, ask...
  - Be prepared: read, investigate, think...
  - Be respectful: be on time, recognize the value of constructive criticism

# What if it goes wrong?

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- There can be challenges in any interpersonal relationship and student-supervisor relationships are no exception
- The most common challenges are related to communication - talk with your supervisor
- If things don't get better, don't wait for the problem to get bigger – seek help or advice
- Who to turn to for help?
  - The Program Graduate Chair
  - The Department Chair
  - The Associate Dean for Grad Programs in your Faculty
  - SGPS - Associate Vice-Provost or Vice-Provost
  - Equity and Human Rights
  - Ombudsperson



# Professional Development

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- There are many resources available on campus to supplement the formal aspects of your program
- Enrich your grad experience by taking advantage of the many resources, including:
  - Grad Path  
<http://www.gradpath.uwo.ca>
  - 3 Minute Thesis  
The ultimate research communication challenge!

# Online Professional Development Modules

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- Ontario Consortium for Graduate Professional Development

[www.mygradskills.ca](http://www.mygradskills.ca)



# Balance & Wellness

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- Grad studies is hard work and can be lonely and isolating at times
- Build a routine that includes time for yourself and the things that are important to you
- Take time to enjoy some of the “stress relieving” activities available on campus or through the Western community, such as:
  - The McIntosh Gallery: <http://www.mcintoshgallery.ca>
  - Free concerts in the Don Wright Faculty of Music: <http://www.music.uwo.ca>
  - Public talks and events: <http://events.westernu.ca>
  - The Grad Club: <http://gradclub.sogs.ca>
  - Campus Rec Centre: <http://www.westernmustangs.ca>
  - Worship: <http://www.uwo.ca/chaplain/>
  - Walking through campus: <http://uwo.ca/about/visit/Western-Walking-Tour-2011.pdf>

# Take responsibility for your health & wellbeing

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- Recognize when you need to seek help or advice about your health and wellbeing:
  - <http://www.health.uwo.ca>
- Be proactive about any need for accommodations:
  - <http://accessibility.uwo.ca>
- A leave of absence from your program is possible:
  - [http://grad.uwo.ca/current\\_students/change\\_status/leave\\_absence.html](http://grad.uwo.ca/current_students/change_status/leave_absence.html)

# What does SGPS do?

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- Sets the standards for graduate education at Western
  - SGPS is responsible for Western's graduate regulations and policies
- Coordinates the development of new graduate programs
- Manages and oversees the review of existing graduate programs
- Manages and coordinates scholarship application processes
- Manages applications to graduate studies
- Promotes, facilitates and supports ongoing modifications to improve graduate programs
- Supports the wellbeing, professional development and success of graduate students and postdocs
- Provides advice and support to graduate programs and to graduate students and postdocs
- **Acts as an advocate for all grad students and postdocs – our door is always open to you**

## **The School of Graduate and Postdoctoral Studies**

International and Graduate Affairs Building, Room #1N07

grad.uwo.ca | 519-661-2102

**Expect your graduate studies to be hard  
work, rewarding, and fulfilling.**

**Welcome!**

# Your Safety Matters

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## **Taniya Singh Nagpal**

Women's Concerns Commissioner, Equity Co-Chair  
Society for Graduate Students  
wcc@sogs.ca, tnagpal@uwo.ca

## **Dr. Lorraine Davies**

Associate Vice-Provost, SGPS  
ldavies@uwo.ca

# Cyber Safety

Freedom from online abuse



# Environmental Safety

Freedom from physical hazards where we work, learn and live



# Emotional Safety

Freedom from discrimination and harassment



# Physical Safety

Freedom from violence





**Your Safety Matters: *safecampus.uwo.ca***

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**Sexual violence is not  
tolerated at Western**

<https://www.youtube.com/watch?v=epznxZp-Jcg>

**The whole community is engaged and committed**

**Help is available**

[www.uwo.ca/sexualviolence](http://www.uwo.ca/sexualviolence)

**Education campaigns are transformative and ongoing**

# Your Safety Matters: *safecampus.uwo.ca*

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Physical, emotional, cyber, environmental violence is not tolerated at Western

## What services we offer you

- Foot Patrol Escorts 519-661-3650
- 22 Code Blue Emergency Phones – direct line to police
- Work Safe Program – “free” register if you work late on campus
- SERT : Student Emergency Response Team (911) or (519-661-3300)
- Sexual Assault Centre London 24 hour crisis & support line: 519-438-2272
- *Ombudsperson; Student Health Services; Indigenous Services; Student Development Centre; Equity & Human Rights Services*

## Why you would come to see us

- SOGS
- SGPS



Professional and Academic Skills for Teaching, Research and Getting Hired

gradpath.uwo.ca

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# Making the Most of Resources Along Your GradPATH

**Nanda Dimitrov, Ph.D.**

Associate Director, Teaching Support Centre (TSC)

[tsc@uwo.ca](mailto:tsc@uwo.ca)

[www.uwo.ca/tsc](http://www.uwo.ca/tsc)

# 8 Factors that help graduate students succeed

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1. **Asking questions to clarify expectations**
2. **Beginning thesis/dissertation research early in the program**
3. **Remaining with original topic and supervisor**
4. **Meeting frequently with supervisor**
5. **Collaborating with faculty on conference papers**  
*(Seagram, Gould and Pyke 1998)*
6. **Having multiple mentors** *(Davis & Fishe, 2001)*
7. **Writing every day**
8. **Engaging in professional development**

# The Student Success Centre

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**Ashleigh Lerch**

Career Counsellor

[avella2@uwo.ca](mailto:avella2@uwo.ca)

# The Student Success Centre

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## Who we are

- The Student Success Centre helps Western students with each step of their journey to a successful future. We facilitate development of career, educational, and life competencies for students and alumni through programs and services.

## Where you can find us

- UCC 210
- Visit [www.success.uwo.ca](http://www.success.uwo.ca) or call 519-661-3559

## What services we offer you

- Career Counselling
- Information and Resources
- Experiential Learning
- Transition and Leadership Development

## Why you would come to see us

- Career Research and Exploration
- Effective Job Search Strategies
- Interview Preparation
- Career Events and Workshops ([www.westerncareercentral.ca](http://www.westerncareercentral.ca))

# International & Exchange Student Centre (IESC)

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**Earl Blaney**

International Transition Advisor (RCIC)

[iesc@uwo.ca](mailto:iesc@uwo.ca)

# Drop In and See How We Can Help

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## Who we are

- We provide Support , Information and Transition Services for International Students or Western Students Heading Abroad.

## Where you can find us

- International and Graduate Affairs Building, 2<sup>nd</sup> Floor
- (519) 661.2111 (ext 89309) OR [iesc@uwo.ca](mailto:iesc@uwo.ca)

## What services we offer you

- Peer Guide Program, English Language Training
- Immigration Assistance, Exchange Information
- Spousal Support Programs, Porch Light Program
- Counseling Services
- Special Activities, Practical Workshops





# PSAC 610 – GTA & PDA Union

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**Indranil Chakraborty**

President

[president@psac610.ca](mailto:president@psac610.ca)

# PSAC 610 – GTA and PDA Union

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## Who we are

- PSAC Local 610 is composed solely of us, the GTAs and PDAs of UWO .
- All GTAs and PDAs at UWO are understood to have specific rights and responsibilities that are defined by the Collective Agreement, which outlines our working conditions, compensation, and benefits.

## Where you can find us

- 1313 Somerville House, Monday – Friday, 10am – 2pm
- [www.psic610.ca](http://www.psic610.ca)

## What services we offer you

- Union benefits such as Extended Health Plan, Financial Assistance Fund, and Food Bank
- Provides assistance to GTAs and PDAs in instances where the Collective Agreement is violated.

## Why you would come to see us

- All GTAs and PDAs have the right to assistance from the Union when required.
- Engage in political action that promotes social justice and the interests of members as academic workers.

# Society of Graduate Students

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**Tamara Hinan**

Society of Graduate Students

 @WesternSOGS | [sogs.executive@uwo.ca](mailto:sogs.executive@uwo.ca)

519-661-3394 Ext. 83394



# Society of Graduate Students

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## Who we are

- We are the student union for graduate students at Western
- We provide important **services**, organize academic and social **events**, and **advocate** for graduate student needs and interests

## What services we offer you

- Extended Health and Dental Insurance Plan
- Bus Pass and Day Planner
- Financial Assistance (scholarships, bursaries and emergency loans)
- The Grad Club @ Middlesex College

## Where you can find us

- University Community Centre (UCC), Room 260, Monday - Friday 9am -4pm  
Wednesday 9am – 5pm

[www.sogs.ca](http://www.sogs.ca)  
University



@WesternSOGS



Society of Graduate Students at Western

# Graduate School at Western: What to Expect

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**Laura Greenwood**

M.Cl.Sc. Graduate Student in Speech-Language Pathology, B.H.Sc.

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# Graduate School at Western: What to Expect

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## Meet New People

- Learn from classmates who may come from a wide variety of academic backgrounds
- Take time to connect with professors and colleagues both academically and personally

## Take Advantage of Exciting Opportunities

- View every experience as a chance to learn and refine what interests you
- Leave no stone unturned; use this time to explore unanswered questions

## Focus on Your Interests

- Take advantage of the more specialized nature of graduate school compared to undergrad
- Learn what you are not passionate about, and pursue that which you are passionate about

## Find a Balance

- Devote time to your studies, but keep yourself and your wellbeing as a priority
- Socialize, explore, take care of yourself, and have fun!

# How to survive grad school and get scholarships

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**Thomas A. McMurrough, PhD (c. 2017)**

NSERC Alexander Graham Bell Canada Graduate Scholar

Department of Biochemistry

Schulich School of Medicine & Dentistry

Graduate Student Senator

Grad Club Committee Chair

# Two IMPORTANT Tips

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## 1. Develop stress relief outlets

- Exercise, jog, rock climbing, hot yoga, Salsa(?)
- Important to have an established routine so you can weather the stressful times (they will come 😊)

## 2. Get involved!!

- Department committees, Faculty committees, Society of Graduate Students (SOGS), University Senate, Board of Governors, etc.
- Leadership and community involvement are weighted heavily for scholarships
- Meet like-minded people, develop inter-personal skills and make yourself more competitive in national competitions



# Thank you!

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## To all of our new graduate students!

### What's next?

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We invite you to enjoy pizza and cookies in the atrium.

**NOTE:** Students in the lower section, please use the bottom exit;  
students in the upper section, please use the top exit.

We have two pizza stations to serve you.

*Please visit the booths, ask questions, and enjoy your experience.*