

**Western Science Students' Council Presents:**

# **A Guide to First Year at Western**

This guide contains resources to help you navigate your first year as a science student at Western University. The Science Students' Council's mission is to help improve the undergraduate experience for science students in all departments and years of study. As such, we are pleased to provide you with information we believe will be useful in helping you to adjust to life at Western and be successful in both your social and academic endeavors.

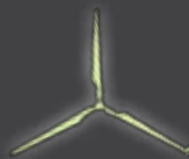


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**TIP:** Don't be afraid to ditch your old study habits if you find they are not working. For example, re-writing every single word your teacher said may not work as a study strategy in university. Have the courage to explore the benefits of word lists, flash cards and group study.



## Introduction



### Disclaimer

The sole responsibility for the content of this publication lies with the authors. Its contents do not reflect the opinion of the University Students' Council ("USC") of Western University. The USC assumes no responsibility or liability for any error, inaccuracy, omission, or comment contained in this publication or for any use that may be made of such information by the reader. The contents of this publication do not necessarily represent the official positions of the Faculty of Science or the Schulich School of Medicine & Dentistry. First-year course tips are largely based on student testimonials and are, of course, subjective. Also, in the cases where upper-years opinions differed with that of a professor, the students' thoughts took precedent in what was published.

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## Introduction



### Welcome From The Editor

Hello Western Science Class of 2018!

Welcome to the first week of the best four years of your life! You have made an excellent choice in coming to Western, and congratulations on being accepted into this incredible program. Over the next year, you will experience many 'firsts'—your first university lecture, your first university exam, and more. Never be afraid to turn to your Sophs, classmates, professors or academic counsellors for guidance and assistance. There are scores of resources available to help you succeed. The Science Students' Council has put together this First Year Guide to help make your transition into university as smooth as possible.

This guide was written with the help and contribution of both past and present upper year students, in the hopes that it will give you information to set you off to a good start. The resources that have been compiled in this guide are ones that we believe will be useful in your first year of Science at Western. Although not comprehensive, this guide should help answer some frequently asked questions that might arise, so take a look and get familiar with this important information.

As you navigate your way through the next four years, you will learn that university is more than learning from textbooks and studying for exams. Students at Western are encouraged to find opportunities to grow and learn both inside and outside the classroom. It's safe to say that no two 'Western Experiences' are exactly alike, however all fall into the category of the best student experience. Find your passion and run with it. Whether it is research, athletics, volunteering, student government—and the list goes on—there is something here for everyone! Make the most of the next four years in a way that makes sense to YOU. Congrats again, and good luck with all of your future endeavours.  
 All the best,

**Basmah El-Aloul**

Vice President Academic  
 Science Students' Council 2014-2015  
[academic@westernssc.ca](mailto:academic@westernssc.ca)





## Introduction



### Welcome From The SSC President

Hello Class of 2018!

The Science Students' Council would like welcome you to Western Science! Starting with this orientation week, you have all embarked an adventure of epic proportions that will push you to the boundaries of your potential, filled with self-growth, discovery and memories that will last a life time. Although the culture of University may seem daunting at first, rest assured that your new friend, the Science Students' Council, will be here to help you through it all!

BUT I'm sure you're wondering, what EXACTLY can the Science Students' Council do for you? Our activities range from throwing out-of-this-world events such as the Science Formal to advocating on your behalf at various levels of the University. The scope of what we do is difficult to capture in a few sentences, but plain and simple: we are here to enhance and vitalize your undergraduate experience!

So how exactly can YOU become involved with the Science Students' Council? Please ask your soph about the upcoming First Year Rep positions OR the upcoming committee positions available or you can e-mail us at [info@westernssc.ca](mailto:info@westernssc.ca)!

More than anything, what I want to stress is that this is YOUR Western experience. And during your undergrad, I want you all to search to find that something that breathes life in your next few years here. This could be a class, a research project or a student organization - but you will never know unless you take a risk and try new things!

Our office is Room 108 of the Natural Science Center. Please drop by to ask how you can become involved, if you have questions about what we do or just want to say hello! We would all love to meet you all!

Kind Regards,

**Sujen Saravanabavan** President  
Science Students' Council 2014-2015  
[president@westernssc.ca](mailto:president@westernssc.ca)



## My Western



### Navigating Western

Welcome to Western! Although Western is a large university, it is by no means impossible to navigate or to find any of the resources you need to succeed. The following resources will help you get by day-to-day life at Western, but is by no means comprehensive so explore and find out all that this amazing school has to offer!

Western Map The following is a map of Western and the Affiliate Colleges:  
<http://www.classfind.com/Western>

The Secret Underground On those cold, snowy winter days these tunnels will be a lifesaver, allowing you to get to class without having to brave the harsh winter:



Building Codes When exam schedules and exam schedules come out, they will often list the building code rather than the entire name of the building. The following is a list of the codes and the buildings to which they belong:

<http://www.uwo.ca/westerndir/help/buildings.html>

## My Western

## Navigating Important Websites

The following are some important websites with which you should familiarize yourself. These sites give you access to important information about your university career, so become a pro at navigating these websites now and it will pay off in the future!



**Sakai:** One of your most important resources throughout your academic careers, Sakai will contain course pages for each of the courses that you are enrolled in during each semester.

<https://owl.uwo.ca/portal>

Most professors use Sakai to post:

**1. Lecture Slides** These will often be the same as the ones the professor uses in class so you can print these out and add handwritten notes or you can take notes on the PowerPoint itself (in the notes section) or PDF. Find out the way that works best for you!

**2. Exam Information** I.e. exam rooms and exam dates/times (DOUBLE, TRIPLE AND QUADRUPLE CHECK THIS!)

**3. Course Syllabus** Contains information about the course, lists required course materials and provides contact information for the professors and teaching assistants. It also gives a breakdown of the assessment for the course (e.g. 20% midterm, 20% labs, 20% quizzes, 40% final).

## My Western

**4. Lab & Tutorial Information** Includes any assignments to be completed and what to bring to your lab or tutorial section.

**5. Past Exams & Tips** Some professors will give you information on the number of questions and the format (e.g. multiple choice, short answer, essay style questions). Professors may also provide practise questions or past exams that can help you to prepare.

**6. Grades On Assessments** This includes assessments such as quizzes, exams, labs and assignments and once they have been marked, you will often receive your assessment mark on Sakai in a tab called "Gradebook." Alternatively, some professors will send out an e-mail to your UWO account with your exam grade. You are encouraged to go in and take a look at your exams and ask any questions that you have - this can help improve your grades if you can figure out where you went wrong.

**7. Announcements** If classes are cancelled, there is a change in exam rooms or a general need to address the entire class, the professor will post announcements on Sakai.

**8. Discussion Board** The discussion board is run by the teaching assistants and professors that allows students to post questions and get answers. Alternatively, the discussion board can act as a student forum.

**9. Recorded Lectures** Some professors have recorded lectures that they will post online so that you can re-listen to lectures

**TIP:** You might be so excited that there is no attendance i some of your lectures, but don't let skipping classes become a habit. Unlike in high school, missing one lecture can set you back a lot. Go to class and keep up with your notes. You'll be happy you did when everyone else is freaking out during exam time!

## My Western

**Student Services:** <https://studentservices.uwo.ca/secure/index.cfm>

One of two websites that you will be using to manage your academic life. The site is broken up into three sections:

**STUDENT SERVICES**The University of  
Western Ontario

Registrarial &amp; Information Services | Student Development Centre | The Student Success Centre | USC | Housing |

**1. My Past**

- Previous grade reports and academic record
- Order transcripts online
- Order diploma online
- Experience record: the experiences and extra-curricular activities in which you have participated

**2. My Present**

- Financial Assistance (OSAP, Work Study, Bursary, etc.)
- Book a Financial Aid Counselling appointment
- Degree Audit
- Services for: effective writing, counselling options and other learning skills
- Add experiences to your experience logger

**3. My Possibilities**

- Summer and part-time student activation
- Registration timetables
- Proposed program
- International exchange application
- Further information, careers and employment

Make sure you check out your personalized textbook list and your printable schedule on Student Services. You can find much more resources on this website that are outlined in the following video:

<https://studentservices.uwo.ca/stdntservices.htm>

## My Western

**Student Center:** <https://student.uwo.ca>

This is a website jam-packed with your personal information, and will be an asset to you throughout your university career. What can you find and do on Student Center?

- Change your personal information
- Apply for graduation
- Make your schedules and enroll in classes
- See your course grades
- Order transcripts
- See what program you are in
- Print off tax receipts
- View any outstanding balances (e.g. tuition, etc.)
- Web academic report (Main Menu > Self Service > Academic Records > View Web Academic Report)

**Academics****Planning**

[My Weekly Schedule](#)  
[Enroll in Classes](#)  
[Letter of Permission](#)  
[Intent To Register](#)  
[Search for Courses](#)  
[My Planner](#)  
[Graduate Change of Status](#)

**My Academics**

[My Program](#)  
[Apply for Graduation](#)  
[View Graduation Status](#)  
[View My Grades](#)  
[Program Planning Tool](#)  
[Honors and Awards](#)  
[View Transfer Credit Report](#)  
[View Special Permissions](#)

**Documentation**

[Transcripts](#)  
[Web Academic Report](#)  
[Official Western Letters](#)  
[Graduate Thesis Repository](#)  
[Graduate Student Regulations](#)

**Academic Calendar:** <http://westerncalendar.uwo.ca>

The academic calendar is a great resource for many reasons. A few of the things that you can find are listed on the following page:





## My Western



### 1. Undergraduate Sessional

#### Dates:

- Semester start and end dates
- Course add/drop deadlines
- Winter and spring exam period start and end dates
- Holidays
- Registration dates
- Convocation dates

### 2. Student Services:

- Provides links to important services for students (academic counseling, student conduct, etc.)

### 3. Academic Information:

- Information on academic policy, degrees, certificates and diplomas, examinations, registration and graduation.
- Structure of degree progression
- Glossary of important terms

### 4. Student Financial Services:

- Everything you need to know about your finances at Western (tuition, late registration fees, cancellation fees, etc.)

### 5. Faculties:

- Links to information on each of the faculties at Western

### 6. Undergraduate Course

#### Information:

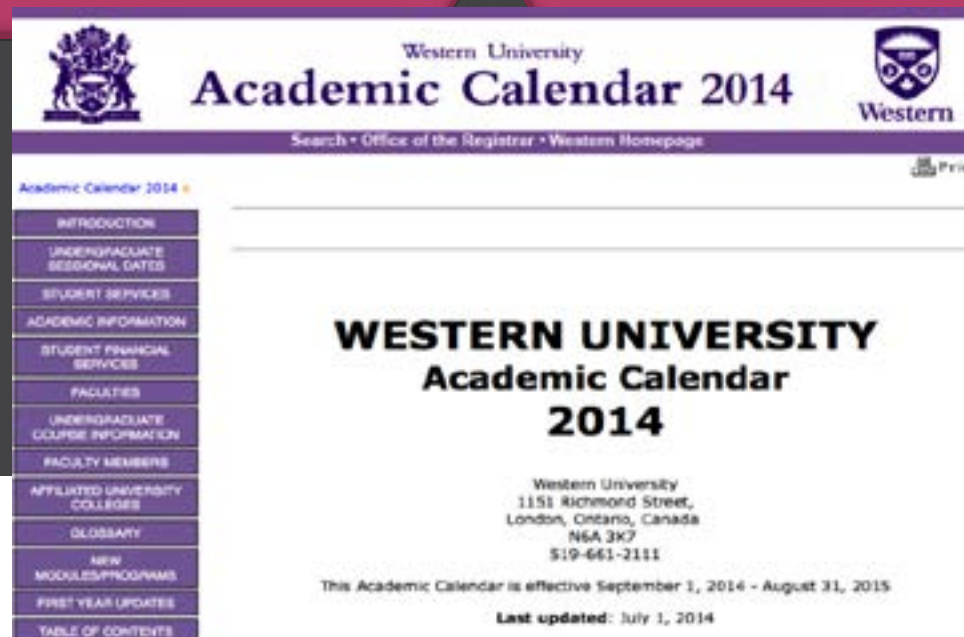
- Information on ALL the undergraduate courses available at Western, search by subject

### 7. Faculty Members:

- Information about the professors in each of the faculties at Western

### 8. Affiliated University Colleges:

- Information about Western's Affiliate Colleges (Brescia, Huron and Kings)




## My Western



**Academic Timetable:** [http://www.registrar.uwo.ca/course\\_enrollment/timtables.html](http://www.registrar.uwo.ca/course_enrollment/timtables.html)  
Provides students with a tool to search course dates and times. This is very useful for planning your timetable in the summer months before the coming school year.

### Professor & Course Reviews: <https://www.ipb.uwo.ca/evaluation/index.php>

At the end of each semester, students are given the opportunity to review their professors and students can access these reviews online by logging in with their student information and typing in the name of the course or of the professor teaching that course.

## My Western

## Other Resources At Western

**Libraries:** <http://www.lib.uwo.ca>

The Western libraries are going to be like a second home to you over the next four years. The libraries at Western are an important academic resource. The libraries provide venues for collaborative work as well as quiet self-study.

Librarians and library staff can also provide a plethora of resources such as research support, tutorials on referencing, how to find the book or journal article you are looking for, and much more. Each library has its own distinct hours that can be found on the Western Libraries website listed below.

Some libraries will extend their hours during the exam period and Western's largest library, D.B. Weldon, remains open 24 hours a day (don't forget that sleep is important!). The libraries often have specific subjects to which their contents will cater, so

if you are looking for a specific book or resource, check online to see which library has what you need

**The University Students' Council:**

<http://westernusc.ca>

The University Students' Council (USC) is the student-run governing body of the university. It comprises executives, councilors, commissioners, and coordinators. This student government is in place to enhance the student experience and advocate for students. The USC offers a variety of services (the full list can be found on their website: <http://westernusc.ca/services/>) that are designed to support and enhance the quality of life of all Western students. Through various initiatives, the USC also works to enhance the Western student experience. Orientation week is one such opportunity, and keep your eye open for Clubs Week at the start of the semester! With over 180 clubs at Western, there is something for everyone! Clubs are a great way to meet people who have similar interests. <http://www.usc.uwo.ca/westernclubs/>

**The University Senate:**

<http://www.uwo.ca/univsec/senate>

A message from YOUR Science Senator:

Hi, my name is Ahmed El-Boraie, and I am your Faculty Senator. The Science Senator represents Science Students on the University Senate (the highest governing body at Western that deals with primarily academic issues). I advocate the academic concerns of the science student body to the University Administration to make sure our academic experience is impeccable. I'm a member of various caucuses and a voting member on the University Senate and the Science Student Council. Contact me if you have problems with your educational experience and want them brought up at the university level, as well as if you have any suggestions about academic changes or anything you want me to lobby for. Contact: [senator@westernssc.ca](mailto:senator@westernssc.ca)

## My Western

**Student Success Centre:** <http://success.uwo.ca>

The Student Success Centre is a great resource to help you succeed at Western and beyond. This site provides:

- Career information
- Mock interviews & resume workshops
- Western's Co-Curricular Record
- Leadership Opportunities
- First year programs
- Western Scholars

**Student Development Centre:**

<http://www.sdc.uwo.ca>

The SDC provides resources to help undergraduate students succeed, with resources such as:

- Indigenous services
- International student centre
- Learning skills services
- Psychological services
- Writing support centre
- Disability services
- Workshops on how to write essays and multiple choice exams
- Volunteer opportunities

**Office of the Ombudsperson:**

<http://www.uwo.ca/ombuds/>

The Office of the Ombudsperson provides a safe, confidential environment in which students can discuss a University related problem or concern.

**When Would I Need to See The Ombudsperson?**

- When you need someone to listen to a concern about any aspect of University life, academic or non-academic.
- When you are unsure of a University policy, procedure or regulation.
- When you think you have been treated unfairly.
- When you need help in clarifying or resolving a conflict.

**Health & Wellness:**

<http://www.health.uwo.ca>

There are many resources at Western available to help you manage your health and well-being. Student Health Services provides:

- Appointment-based medical clinic
- Counseling & psychiatry
- Birth control information
- Allergy injections & immunizations
- Sexually transmitted disease testing

The website above is filled with a plethora of educational resources about physical health, sexual health, mental health and more! Be sure to check out the Mental Health Interactive Learning Module. This module provides participants with a basic understanding of Mental Health issues and of available campus and community resources.



## My Degree

### My First Year

The modules that you will be considering for second year each have a set of first-year requirements. For instance, if you are in the Medical Sciences First Entry Program, you will need to take:

#### 5.0 courses:

1.0 course: Biology 1001A and 1002B

1.0 course: Chemistry 1301A/B and 1302A/

0.5 course from: Calculus 1000A/B or 1500A/B

0.5 course from: Calculus 1301A/B or 1501A/B, Mathematics 1600A/B, Applied Mathematics 1201A/B

1.0 course from: (Physics 1028A/B or 1301A/B or 1501A/B) and (Physics 1029A/B or 1302A/B or 1502A/B)

1.0 course from: either Category A or Category B (see Breadth Requirements below)

If you want information about some of these courses, check out SciWiki (<http://sciwiki.ca>). Do note that these courses change from year to year, so the information given on SciWiki will not necessarily be indicative of the course for the coming year. Your most current information will come from your professors and the course syllabus.

**TIP:** Everyone learns differently, and different courses and education levels will require you to study differently. The earlier you break old bad habits and form new good ones, the easier your upper years will be, when the material gets more involved.

## My Degree

### The Rest of My Degree

#### Terms:

When you are registering for courses you may see some of the following terms. Make sure you take notice of these because they can be very important when you choose the courses that you wish to take in your upper years of study. Please note that this is not an extensive list and the best resource to fully understand all of this information is the Academic Calendar.

**Antirequisite:** Two courses that are antirequisites of one another have too much overlapping content for both be counted for credit. You will lose credit for a course if you later take a course that lists it as an antirequisite.

**Prerequisite:** A course that you have to have taken prior to the course you wish to take. The prerequisite will most likely set you up with the information you need to know for the following course.

**Essay Course:** A course that has a significant writing component as defined by the university. It is a graduation requirement that you complete 2.0 essay courses, 1.0 of which must be senior (2000-4999). Again, check your program requirements to determine how many more essay courses, in addition to those already counting towards your program, that you must take.

#### Breadth Requirements:

At least 1.0 courses must be taken from each of the following categories in order to graduate (see academic calendar for full details):

Category A: Social Science, Interdisciplinary and Multidisciplinary

Category B: Arts and Humanities, Languages

Category C: Engineering, Science, Medical Sciences

(don't worry you'll complete this one, no problem!)

As a science student, of the 20.0 courses that you take towards your degree 11.0 must be approved courses by the Department of Science or the Schulich School of Medicine and Dentistry

## My Degree

### Types of Degrees:

There are three basic undergraduate degree types:

1. Honors Bachelor (4 years)  
- Requires either an Honors Specialization or two majors (see below)
2. Bachelor (4 years)
3. Bachelor (3 years)

### Types of Modules:

**Module:** A defined set of courses that provide a background in a particular subject area. There are four types of modules: honors specialization, specialization, major and minor.

**Honors Specialization Module:** Comprised of 9.0+ courses often including a 4th year thesis project, this module leads to a four-year honors degree.

**Specialization Module:** Also consisting of 9.0+ courses, leads to a four year non-honors degree.

**Major Module:** Comprised of 6.0-7.0 courses. A combination of two Majors can lead to an honors degree provided an average of 70% is attained in both modules with no grade under 60%.

**Minor Module:** Comprised of 4.0-5.0 courses. Note it is impossible to get a Western degree with just a minor.

### Course Code and their Meaning:

Courses are generally either 1.0 (full year course) or 0.5 (half year/one semester course). x000 – x999; courses are numbered with 4 digits where x is the level of the course (ie. 1 = “first year course”, 2 = “second year course”)

#### Suffixes:

No Suffix — full year (1.0) course

A — first term half (0.5) course

B — second term half (0.5) course

A/B — half (0.5) course with no essay component that can be offered in the first and/or second term

E — full year (1.0) essay course

F — first term (0.5) essay half course

## My Degree

### Intent To Register:

Every year in second semester between February 1st and March 31st, students complete an “intent to register” online. This is to tell the University that you will be returning in the next academic year and what program and module you plan to pursue in the coming year. Note that this is mandatory if you are planning on returning to Western (even if you are applying to remain in the same module). The online process is done through Student Services, and allows you to pick two “options” for your module (first choice and backup choice). This is an incredibly important process every year, so please consult the appropriate resources, and keep your eyes open for e-mails alerting you to ITR information sessions, Q&As, online resources, etc. Make sure you take advantage of these resources and ask lots of questions to ensure that you are on the right track!

[http://www.uwo.ca/sci/undergrad/academic\\_counselling/itr\\_exploring\\_science\\_modules.html](http://www.uwo.ca/sci/undergrad/academic_counselling/itr_exploring_science_modules.html)

**Adjudication:** Once final exams are over (aka. Freedom!), your final grades will be submitted and the adjudication period will begin. This takes place during May and June and will assess your eligibility to continue with the modules you requested in your ITR. These will be assessed based on the completion of prerequisites for that module as well as meeting the average minimum cut-off for the module you requested. Once this process is complete, you will receive notification of your module for the coming year as well as information about course registration. Once this process is complete, you will receive notification of your module for the coming year as well as information about course registration.

### Course Registration:

Course registration occurs from the end of June to the end of July beginning with fourth year students and finishing with second year students. You will receive an enrolment date and time that will indicate when you can begin registering for courses on the Student Center. It is advisable that you plan your schedule (with a few back ups) before this date and register for courses as soon as you can as some courses get filled up quickly. There are LOTS of resources that you can use to select courses, but the most important thing is to ensure that you are meeting requirements to continue in your program. Again keep an eye out for e-mails explaining these requirements. Other resources to help select courses are:

SciWiki – Provided by the SSC, gives a thorough description of many of the core science courses. Check the departmental websites for course outlines of courses you are interested in.

Academic Calendar – Undergraduate course descriptions can be found on the academic calendar.

Office of the Registrar's Academic Timetable – In the spring/summer months, the Office of the Registrar will release a time table for the coming year, allowing you to search for courses and see when they will be offered so you can try to plan a schedule.

Please note: you may not always be able to get into all of the courses you want, so make sure you have some good “back ups”. Once all students have had an opportunity to select their courses the online registration system will reopen to all students, so double check to see if any spaces opened up in courses you were hoping to take.

## My Faculty

### Western Science Website:

<http://www.uwo.ca/sci/index.html>

This is an incredible resource to make use of as a science student. This site not only encompasses the undergraduate programs and resources offered by the faculty, but also information on each of the departments, research initiatives, graduate studies, alumni and much more!

The Western Science Website contains (not a comprehensive list):

1. Academic Counseling Information
2. Career Services
3. Science Internship Program
4. Student Activities
5. Forms and other Resources

- Frequently asked Questions (FAQ)
- Degree completion checklist
- Special Permissions

### 6. Connects you to Western Services

Make sure that you take the time to look around this website—you'll find lots of great resources here that you will continue to use throughout your academic career and which may address some unanswered questions.

**TIP:** Although it's tempting to study by looking at old quizzes and getting a group consensus of answers for take home evaluations, make sure you know what you're doing before it comes down to the finals season.

## My Faculty

### Academic Counseling:

WEBSITE: [http://www.uwo.ca/sci/undergrad/academic\\_counseling/index.html](http://www.uwo.ca/sci/undergrad/academic_counseling/index.html)

FACEBOOK: <http://www.facebook.com/scibmsac>

TWITTER: <http://www.twitter.com/westernscience>

Academic Counseling is an incredible resource for all things "school" related. This is the place that you will:

- Request exam accommodation (due to illness, loss or other reasons)
- Request accommodation for missed course work (labs, etc.)
- Request Letters of Permission to take courses at another university (e.g., in the summer)
- Receive advice about the impact of course selection and academic performance for eligibility to modules and degrees
- Receive advice if you are planning on transferring programs or universities
- You can make an appointment using the online form or go to same-day drop in academic counseling (see hours online)

Note: emailing the Dean or Associate Dean Academic directly risks delay while your query is referred to the counselors—contact Academic Counselling directly.

### Career Services:

[http://www.uwo.ca/sci/undergrad/career\\_services/index.html](http://www.uwo.ca/sci/undergrad/career_services/index.html)

What if I don't know what I am doing with my life?

Or I don't know what to do with my Science degree?

Or I don't know how to get a job?

Or I don't know how to write a resume?

Or I need advice on how to write up a graduate school or professional school application?

Or I want to network with people in industry?

Or I'm interested in doing an internship (third year), to get some degree-related experience and to make some money?

Contact Science Career Services ([scicareers@uwo.ca](mailto:scicareers@uwo.ca)), which operates out of the Dean's Office (same general area as Academic Counselling). They have drop-in and booked appointments. Don't wait until fourth year to visit!



## My Faculty

### The Science (& Basic Medical Sciences)

#### Internship Program:

[http://www.uwo.ca/sci/undergrad/science\\_student\\_internship\\_program/index.html](http://www.uwo.ca/sci/undergrad/science_student_internship_program/index.html)

A BSc or BMSc internship is an 8, 12 or 16-month paid and mentored work experience in a science-related position, often in industry or government, beginning after third year. Just like the traditional co-op model, it adds a fifth year to your academic program, but the work experience is invaluable! It makes you competitive whether you're going right to work after graduation or on to graduate or professional school. Start finding out about it and planning for it now.

## Ways To Get Involved & Meet People

### Discovery Café:

Are you interested in getting to know first year students and faculty a little more outside class? Discovery Café is an informal, optional co-curricular program for first year students, not associated with any particular Science program or course. It is an excellent chance to expand your sense of community (both academically and socially) by hanging out with professors and other students who share your interest in Science for an hour a week. To find out what previous café participants have to say, check out the website:

[http://www.uwo.ca/sci/undergrad/current\\_students/discovery\\_cafe.html](http://www.uwo.ca/sci/undergrad/current_students/discovery_cafe.html)

Stay tuned for information on when and where you can sign up in the Fall!

## My Faculty

### Departmental Clubs:



#### Bachelor of Medical Sciences Association (BMSA):

BMSA is student-run association that strives to enhance the experience of students pursuing (or interested in pursuing) a Bachelor of Medical Sciences degree at Western. We work directly with BMSc academic counselors and professors to provide you with a variety of educational and social experiences. We organize a variety of information sessions focusing on professional schools, research positions, summer jobs/volunteering opportunities, various standardized tests (e.g. the MCAT, PCAT, OAT, etc.), module selection within the BMSc program and much more! In addition, we host a variety of social events throughout the year. Follow us on social media and stay tuned for opportunities to get involved with the BMSA!

WEBSITE: <http://bmsawesternu.weebly.com/>  
TWITTER: <https://twitter.com/WesternBMSA>

FACEBOOK: <https://www.facebook.com/WesternBMSA>



#### Biology Undergraduate Society (BUGS):

**Who are we?** The Biology Undergraduate Society (BUGS) is a student-run department club for any undergraduate student in Biology or Medical Sciences. Our goal is to serve as a liaison between undergraduate students and the graduate students and faculty within the Department of Biology. We also facilitate connections between first years and upper year students in Science, and help students get engaged in the academic and research communities in both formal and more intimate settings.

**What do we do?** BUGS hosts several information sessions throughout the year regarding volunteering in labs, course and program selection, the NSERC USRA scholarship, and many others. These information sessions are free to our members and are a fantastic resource. To get you more acquainted with the Biology faculty, we host Helen Battle Lectures (where professors present their exciting research), professor meet and greets, and dinners with professors. BUGS hosts several social events as well, including our annual Montreal Trip and Talent Show!

**First Year Opportunities** BUGS encourages its first year members to join the First Year Committee, where representatives from each residence help run events geared towards other first year students. First years are also invited to apply to the 4 committees: Promotions/Operations, Events, Outreach, and Fundraising. Applications are due in late September, so keep your eyes peeled for details soon!

**So, how can you join?** We'll have our membership drive at the beginning of September - look out for signs outlining locations and times! Membership is only \$5. See you then!

WEBSITE: <http://bmsawesternu.weebly.com/>

TWITTER: <https://twitter.com/WesternBMSA>

FACEBOOK: <https://www.facebook.com/WesternBMSA>

EMAIL: [westernbugs@gmail.com](mailto:westernbugs@gmail.com)

## My Faculty

### Chemistry (Chem) Club:

Be a part of the most spontaneous and explosive club on campus! The Chemistry Club is a student-run social club at Western comprised of students from all faculties who share a passion for all things chemistry. Whether you're a science guru or want to talk about your favorite episode of Breaking Bad, there will always be someone in the Chem Club with the same interest! We meet a couple of times a month to discuss upcoming events and volunteer opportunities like National Chemistry Week, chemistry demonstrations for March Break Open House, first year chemistry tutorials (Midterms can be stressful, we can help with that), "Quaff With The Prof" (A social gathering to meet with your professors) and many more! We also host a few non-competitive intramural sports team each semester, such as soccer, volleyball, dodge ball, etc. We like to show Western that the Chem Club can really bond together! We also have the coolest merchandise on campus! Look for the W(ester)N symbol! Most importantly, with our open-door policy and friendly members, you'll be sure to feel welcomed and surrounded by like-minded people. Visit our website for more information about getting involved: <http://www.uwochemclub.ca/>

### Computer Science Undergraduate Society (CSUS):

The Computer Science Undergraduate Society (CSUS) is a friendly community of students who are enrolled in any computer science program here at Western. CSUS connects students with the department, offers a great network of support, and hosts a wide variety of academic and social events every year. CSUS supports the academic community by offering engaging activities such as pre-exam study sessions, networking opportunities, and an annual research colloquium. We want to see you succeed, and we'll gladly offer a helping hand when it's needed. However, life isn't all about studying! Some of our most popular social gatherings in recent years include lasertag, karaoke, and (of course) the beloved pub nights. We are always open to new and exciting ideas, so if you'd like to get involved, join in! If you are enrolled in a computer science course this year, you should be receiving our CSUS Weekly Updates, which are full of useful information and news.

We hope to see you soon!

EMAIL: [csus@uwo.ca](mailto:csus@uwo.ca)

OFFICE: Middlesex College, Room 12

The Departments of Physics & Astronomy and Earth Sciences have departmental clubs associated with them as well, called PASA (Physics and Astronomy Student Association) and the Outcrop Club, respectively. If you are interested in joining any of these clubs contact our Earth Science and Physics & Astronomy representatives for more information!

## My Science Students' Council (SSC)

### Our Goal:

The Science Students' Council (SSC) is committed to delivering a broader undergraduate experience for all Science and Basic Medical Sciences students at Western University. Regardless of your level of involvement in student life, the SSC is there for you and aims to assist you academically and socially. Science Students' Council is composed of more than fifty members of the science community, including elected representatives that serve as your voice within our supporting Faculties, and appointed commissioners responsible for improving your undergraduate experience. We are your link to the University Students' Council, the University Senate and the various departments within the Faculty of Science and the Schulich School of Medicine and Dentistry.

### Contact Us

#### Location:

Natural Sciences Centre Room 108

#### Hours:

Monday – Friday: 9:30am – 3:30pm

Saturday/Sunday: Closed

E-mail: [info@westernssc.ca](mailto:info@westernssc.ca)

Twitter: @westernssc

Instagram: @westernssc

Facebook:

<https://www.facebook.com/westernssc>

Website:

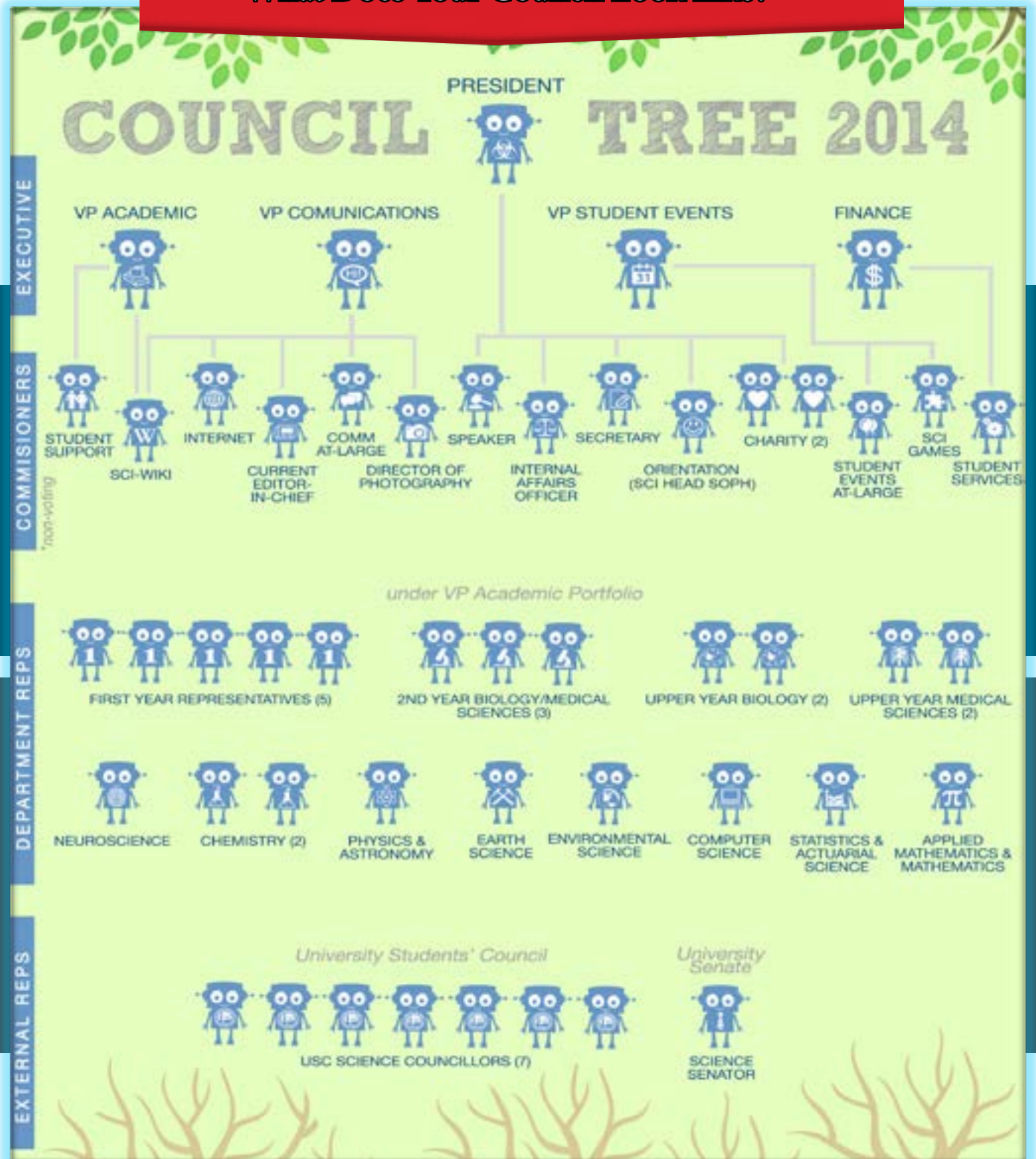
<http://westernssc.ca>

**TIP:** Almost all science courses have a couple copies of the required textbook on a 2hr reserve at the front desk in Taylor Library. If you have a break between classes, but don't have your textbook with you, you can check one out and squeeze some work in!



## My Science Students' Council (SSC)

### What Does Your Council Look Like?



## My Science Students' Council (SSC)

### How Can YOU Get Involved?

**First:** There are two ways for YOU to get involved in the Science Students' Council in your first year:

#### 1. First year representative:

There are 5 first year representatives that are elected by council in a September election. You would be responsible for lines of communication between first years and council as well as planning an event geared towards first years. This is a department representative position that requires no prior experience!

#### 2. Committee Members:

Another way you can get involved is by joining the committees that we have on council, which are run by our commissioners and executive and pertain to their individual portfolios. A committee member will assist with the planning and execution of events and initiatives that will benefit science students! This position does not sit directly on council.

##### a) Student Events Committee:

A team of social butterflies dedicated to creating a welcoming atmosphere outside the classroom through various social and educational events (Science Games, Science Formal, Guest Speakers and more!)

##### b) Charity Committee:

SSC loves giving back to the community! The Charity Committee organizes a campaign to raise awareness and funds in support of the Ronald McDonald House of Southwestern Ontario, in addition to promoting volunteer opportunities. Check out this video to learn more: <https://www.youtube.com/watch?v=-OeA17lBH6k>

##### c) Student Support Committee:

A committee dedicated to enhancing student well-being, mental health and academic success within the Faculty of Science through various initiatives.

##### d) Communications Committee:

A team of enthusiastic individuals talented in creating eye-catching graphic designs or splendid promotional campaigns.

##### e) Finance Committee:

A committee dedicated to reviewing Student Group Grant Applications in order to provide funding for student-driven initiatives.

##### f) The Current Editorial Board:

The brilliant minds behind SSC's official magazine, The Current. The magazine is dedicated to bringing you the latest, coolest and weirdest stories from the wild world of science.

Keep an eye out on our twitter, Facebook page and website for applications and information about elections!



## My Science Students' Council (SSC)

**Beyond:** If you wish to get involved with any of the other positions on council, our elections and selection process for executives, department representatives and commissioners takes place in the spring.

### Services

The Science Students' Council offers services aimed to enhance the student experience by providing science students with resources that can help them succeed; these are based out of our office:

#### SSC Rental Service:

– This service is run by the SSC to provide students with items that are essential to science students and are often forgotten when they are most needed. The service provides the items listed below in exchange for a collateral that is given back upon the return of the item that was rented. The rented item must be returned within 24 hours of its rental during SSC office hours, otherwise a late fee of \$2/day is implemented. The following items are available to rent from the SSC Office:

- lab goggles (\$10 collateral)
- lab coat (\$20 collateral)
- standard non-programmable Sharp calculator (\$10 collateral)

#### The Current:

– The amazing SSC Newspaper, learn more about it here: <http://westernssc.ca/thecurrent.html>

#### SSC Newsflash:

– You will be receiving Bi-Weekly e-mails from the SSC to update you on what's happening. Read these as they will have lots of important information!

#### Western Science Merchandise:

– We have some great O-Week Merchandise and will continue to come out with new science merchandise!

#### Nat Sci locker rentals:

– You can rent a locker in Natural Sciences. Quantities are limited and these fill up fast!

#### Sci Wiki:

– An online database summarizing various science courses at Western: [www.sciwiki.ca](http://www.sciwiki.ca)

#### Science Student Group Grants (SGG):

– If you have a student group that requires funding, you can apply for the SGG!

#### Science Student Donation Fund:

- Grants given to different departments for equipment to enhance the academic experience of Science students

## My Science Students' Council (SSC)

### Sci Wiki:

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

Sci Wiki is a database of courses offered in the Faculty of Science at Western University. Sci Wiki provides in-depth analysis of courses and includes information such as:

- Course content
- Course evaluations
- Teaching methodology
- Required materials
- Student comments
- Professor comments and more

SciWiki is created by students who have taken these courses and have volunteered to write these articles. This service continues to grow every year; our next steps will be to compile articles on graduate programs, thesis projects and elective courses. If you have any questions regarding the website or have ideas of what you would like to see, contact our SciWiki commissioner: [sciencewiki@westernssc.ca](mailto:sciencewiki@westernssc.ca)

**TIP:** GO TO OFFICE HOURS, especially for profs in your field. They're amazing to talk to, and it's easy to forget that they're more than just teachers; some of them are renowned worldwide for their contributions to their field.

**TIP:** Don't get overwhelmed by all the exciting opportunities at Western - it is important to get involved but equally important to do well in school! Balance your time and you shall succeed.

## Tips & FAQ

### 20 Things I Wish I Knew in First Year (from upper year students)

- 1.** Your profs are more than happy to help you. They have office hours for a reason..use them!
- 2.** Applying for work positions on campus, such as at the Rec Center, occurs in first year during February. This application process then gives you a position for the following year if you are successful. Make sure you are applying in your current year, for a position in the following.
- 3.** Recording your lectures are really a great way to make sure you have reviewed all the material in lecture and see that you're well prepared for exams! Be sure you ask professors before you record your lectures as some prefer not to be recorded.
- 4.** Underground tunnels are your best friend during the winter.
- 5.** You do not need to request a stop on the bus at Nat Sci or Alumni Hall.
- 6.** You can buy used textbooks much cheaper from older students.
- 7.** A spin class on Friday afternoon is the best way to start a weekend off.
- 8.** Buying every single course textbook is not necessary and sometimes a waste of money, try to buy used books or check the book out in the library.
- 9.** SciFinder is a great resource for finding scholarly articles.
- 10.** Understand what a GPA is and how to calculate it.
- 11.** Big deadlines and important test dates are often given at the beginning of the term; write them down all in one place!
- 12.** It's important to come in with an open mind in first year because your opinion or love of certain sciences may shift in university based on the courses you take and the experiences you have.
- 13.** It's okay to change your mind.
- 14.** Realizing how little you truly know is the first step to enlightenment.
- 15.** Raw talent is only half the battle; the rest is hard work.
- 16.** "I don't know" is occasionally the only right answer, and that's okay!
- 17.** Make sure you look into what prerequisite courses are required for the module you want to pursue in the future. It's much easier to look ahead than to backtrack later.
- 18.** Explore your options. Western has so much diversity in terms of academics and extra-curriculars that you would be doing yourself a disservice if you do not branch out and try new things.
- 19.** Research opportunities. No matter what academic or career path you are heading down, and especially if you are unsure about what you want to do, volunteering in a lab is one of the best moves you can make.
- 20.** Remember to sleep! AND GO TO CLASS

## Tips & FAQ

### How Do I Approach A Professor?

Maybe you need to clarify something right after the lecture, or you're reviewing and something doesn't quite add up right. You're going to do it sooner or later. When you do, be sure to keep these things in mind:

- Some professors will look at you like you're crazy if you don't call them by their first name. Others will look at you like you're crazy if you do. Ask how they'd like to be addressed.
- Some of your instructors do not have doctoral degrees, so if you are unsure call them "Professor".
- When e-mailing to book a time with your prof, include the course number in the subject line and always use your Western e-mail.
- If you are contacting your prof by phone, when (s)he picks up, say who you are and ask if they have a minute before asking your bit.

### What Will Kill My Chances At Professional School?

- Plagiarize or cheat. No professional school lets in people with an academic offense record. The TAs record your seating arrangement when you write exams. They run the Scantron results through software and if it delivers a statistical certainty of a match with the person you were sitting near, you will be charged with cheating/copying. The people marking you can easily tell when your writing style doesn't fit; Turnitin (a software to search written work against published material) or Google can find the location from which you plagiarized. Please note that the University has a hard line on cheating (see more information here: <http://www.uwo.ca/ombuds/student/cheating.html>). To avoid being flagged for cheating do NOT sit near people that you have studied with as they may have similar answers to you. Cover your answers during your exams, it is your responsibility to make sure people aren't cheating off of YOU.

**TIP:** Don't get down on yourself if you're not getting the marks you used to in high school - keep up your work ethic and try out a couple different study methods if something isn't working.

## Tips & FAQ

### How Do I Approach Multiple-Multiple Questions?

Multiple-multiple style questions are incredibly popular in university and can seem daunting, but don't fear! If you approach these questions in a logical manner you shouldn't have too much trouble with them.

Example

- A) only 1, 2 and 3 are correct
- B) only 1 and 3 are correct
- C) only 2 and 4 are correct
- D) only 4 is correct
- E) all are correct

If you don't know about 1 and 2, but know 3 and 4 are both true, then the answer must be E

If you don't know about 2 and 3, but know 1 and 4 are both true, then the answer must be E

If you don't know about 1 and 4, but know 2 and 3 are both false, then the answer must be D

If you don't know about 3 and 4, but know 1 and 2 are both false, then the answer must be D

### What If I'm Missing An Exam/Test

#### Due To Illness/Emergency/Varsity Athletics Etc.?

Contact your instructor right away! Check the course outline for what to do about missing tests and assignments. When medical documentation is required, visit Student Health Services OR ask your medical practitioner to fill in the standard form found on the Academic Counselling Services' website (<http://www.uwo.ca/sci/counselling/forms.html>). Contact the Academic Counselling Service for help with forms and procedures.

### How Do I Change Courses?

Let's say you sign up for a course, attend the first few lectures, but leave class feeling either completely lost, uninterested, or bored out of your mind. Well, if it's not a mandatory course for your degree, then you have the option to change it! At the beginning of each term, you have about a one-week period to drop a course and pick up another in its place without any academic penalty. It's called an "Add/Drop Period". Keep in mind though that it is your responsibility to make these changes! Refer to the Academic Calendar for specific dates and deadlines.