

Contact Us

For more information about this program contact:

Bonnie Cooper
Intercollegiate Athletics
Thames Hall, Room 3170
bcooper@uwo.ca
519-661-2111 ext. 85003

Coleen Dalton
Student Development Centre
Western Student Services, Room 4100
coleen.dalton@uwo.ca
519-661-2183



ACADEMIC *Success* PROGRAM



Introduction

The Academic Success Program is designed to assist student athletes in the transition and adjustment to the demands of university academics, varsity sport and university life. Through a variety of seminars, skill building instruction, and mentoring, students will receive support and learn the skills needed to succeed in the classroom and on the field of play as they progress toward graduation and beyond.

Student Development Centre (SDC)

The SDC is a key partner in the Academic Success Program. In addition to the Varsity Athlete specific seminars and presentations, the SDC is “dedicated to the provision of an array of integrated professional and accessible services that help graduate and undergraduate students achieve their personal, academic, and professional goals in a confidential and caring environment.” (www.sdc.uwo.ca). The SDC’s services are available to all student athletes year round. Confidential support in areas such as writing and learning skills, psychological services and services for students with disabilities, as well as services for Indigenous and International students are available by contacting the SDC at the phone numbers listed below:

Contact Info:

Learning Skills Services	519-661-2183
Writing Support Centre	519-661-3031
International and Exchange Student Centre	519-661-3031
Services for Students with Disabilities	519-661-2147
Indigenous Services	519-661-4095
Psychological Services	519-661-3031

Learning Skills Seminars - Varsity Athlete specific:

There will be six key seminars that are mandatory for first year athletes, but available to all student athletes. These seminars include:

Wed. Sept. 1st	10:00 a.m. to 11:00 a.m.	3M Centre, Room 3250	Time Management
Thurs. Sept. 9th	3:00 p.m. to 4:00 p.m.	3M Centre, Room 3250	Time Management
Thurs. Sept. 23rd	7:30 p.m. to 8:30 p.m.	3M Centre, Room 3250	Research Skills - Library
Sun. Sept. 26th	7:30 p.m. to 8:30 p.m.	3M Centre, Room 3250	Learning from Lectures
Thurs. Sept. 30th	7:30 p.m. to 8:30 p.m.	3M Centre, Room 3250	Essay Writing
Tues. Oct. 5th	7:30 p.m. to 8:30 p.m.	Health Sciences, Room 236	Multiple Choice - Prep
Thurs. Oct. 14th	7:30 p.m. to 8:30 p.m.	3M Centre, Room 3250	Multiple Choice - Writing

If you cannot make these dates due to class, practice or games you can access the Student Development Schedule (SDC) at: www.sdc.uwo.ca. Registration for those courses is done through the SDC website. Make sure you sign in when you attend the session so your attendance can be tracked.

Other learning skills presentations are offered throughout the academic year by SDC’s learning skills services. For a full learning skills presentation schedule see: www.sdc.uwo.ca/learning.

Mentors

Academic Success Program (ASP) mentors are students in our Masters of Coaching program in the School of Kinesiology. All mentors have a varsity sport background and therefore an understanding of the demands placed on a student athlete. Mentors will play an important role in helping student athletes set goals and balance academic life with athletic life. They will provide group and individualized attention during study hall sessions.

Study Hall

Study hall is available to student athletes (mandatory for many) each week on Sunday, Tuesday and Thursday from 7:30 p.m. to 11:00 p.m in Thames Hall rooms 3101 and 3102. Those involved in mandatory study hall must attend two nights per week, for 2 hours each night. If the student cannot make study hall due to class, practice or a game, they should speak with their coach or one of the ASP contacts for an alternate study hall plan.

