

# NAVIGATING CRISES IN GRADUATE STUDIES

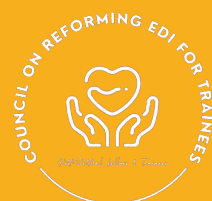
Created by the Schulich Digital Media Interns and CR(EDI)T team at Western

## SUPERVISOR & WORKPLACE CONFLICT

### REFER TO THE GRADUATE SUPERVISION HANDBOOK

To identify your point of reference:

- **Your Supervisor:** direct contact for personal and research responsibilities
- **Advisory Committee Members:** contact regarding research responsibilities
- **Graduate or Department Chair:** contact regarding program responsibilities



### USEFUL RESOURCES

#### Ombuds

[UWO.CA/OMBUDS/](https://www.uwo.ca/ombuds/)

#### Community Legal Services

[LAW.UWO.CA/LEGAL CLINICS/COMMUNITY LEGAL SERVICES/](https://www.law.uwo.ca/legal-clinics/community-legal-services/)

#### SOGS Peer Advisors

[SOGS.CA/PEER-ADVISOR/](https://www.sogs.ca/peer-advisor/)

#### Discrimination & Harassment

[UWO.CA/EQUITY/DISCRIMINATION/HELP/INDEX.HTML](https://www.uwo.ca/equity/discrimination/help/index.html)



## HOUSING CHALLENGES

### WESTERN'S OFF-CAMPUS HOUSING SERVICE

Provide assistance, information and support to students facing issues such as landlord or renting problems, bylaw questions, roommate disagreements and more!

ROOM 3C1 IN ONTARIO HALL  
230 SARNIA RD. LONDON, ON N6G 0N2

PHONE: (519) 661-3550  
[OFFCAMPUS.UWO.CA/](https://www.offcampus.uwo.ca/)

### RESIDENCE SERVICES

#### Housing Office

Help resolve any residence-related questions

EMAIL: [HOUSING@UWO.CA](mailto:HOUSING@UWO.CA)  
PHONE: (519) 661-3547  
[HOUSING.UWO.CA/CONTACT.HTML](https://www.housing.uwo.ca/contact.html)

#### Residence Counselling

Professional and confidential mental health and counselling services, free of charge to students living in a Main Campus residence

EMAIL: [NEEDTOTALK@UWO.CA](mailto:NEEDTOTALK@UWO.CA)

## PEER / SOCIAL SUPPORT

### GRADUATE PEER SUPPORT (GPS) ● [SOGS.CA/GPS/](https://www.sogs.ca/gps/)

SOGS GPS's conversation series focuses on different wellness-related topics. Sessions include a short informational presentation, leading into an informal discussion with the goal to create a safe space where people can learn more about different, potentially sensitive, topics and share their own experiences if they so choose.

### GROUP CARE AND WORKSHOPS ● [UWO.CA/HEALTH/PSYCH/GROUP CARE.HTML](https://www.uwo.ca/health/psych/group-care.html)

Each group will incorporate a presentation of relevant material with discussion and practice of new strategies among group members. It is a place for students to learn about new skills, increase self-awareness and share their experiences with others.

## ACADEMIC SUPPORT

### WRITING SUPPORT CENTRE

Book a one-on-one session with a writing advisor or submit work for review

[WRITING.UWO.CA/](https://www.writing.uwo.ca/)

### LEARNING DEVELOPMENT & SUCCESS

- Individual counselling
- Mindfulness and learning groups
- Skill-building handouts

[UWO.CA/SDC/LEARNING/](https://www.uwo.ca/sdc/learning/)

EMAIL: [LEARNING@UWO.CA](mailto:LEARNING@UWO.CA) FOR APPOINTMENTS

### WESTERN LIBRARIES

LIVE CHAT MON-FRI 12- 4 PM AT [LIB.UWO.CA/](https://www.lib.uwo.ca/)

#### Research Tools

[LIB.UWO.CA/RESEARCHTOOLS/INDEX.HTML](https://www.lib.uwo.ca/researchtools/index.html)

#### Borrowing and Access

[LIB.UWO.CA/SERVICES/BORROWING AND ACCESS.HTML](https://www.lib.uwo.ca/services/borrowing-and-access.html)

#### Book a Study Space

[LIB.UWO.CA/COVID19/BOOKSEATS.HTML](https://www.lib.uwo.ca/covid19/bookseats.html)

## ACCOMMODATIONS

### ACCOMMODATION CONSIDERATION FOR ABSENCES

There are three types of accommodations:

- **Self-Reported Absence (2 days):** submit online through Student Center
- **Medical Absence:** submit a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner to Academic Counselling
- **Non-medical Absence:** submit appropriate documentation to Academic Counselling

Students must communicate with their instructors no later than **24 hours** after the end of the period covered!

### ACCESSIBLE EDUCATION

Provides supports and services to students with disabilities

EMAIL: [AEW@UWO.CA](mailto:AEW@UWO.CA)

[ACADEMICSUPPORT.UWO.CA/ACCESSIBLE EDUCATION/INDEX.HTML](https://www.academicsupport.uwo.ca/accessible-education/index.html)

For more resources on academic support and accessibility, visit:

[ACADEMICSUPPORT.UWO.CA/](https://www.academicsupport.uwo.ca/)