

# Resources for Student Veterinarians



Ontario Veterinary College  
STUDENT AFFAIRS

Resource	Unit Information	Contact
Better Sleep Program	Stress Management Clinic <b><a href="http://www.uoguelph.ca/~ksomers/sleep.html">www.uoguelph.ca/~ksomers/sleep.html</a></b> -Learn to fall asleep (or back to sleep) more easily -Get more energy from your sleep -There is a \$20 fee for this program	Kathy Somers Ext. 52662 <a href="mailto:ksomers@uoguelph.ca">ksomers@uoguelph.ca</a>
Career Services	Co-operative Education & Career Services <b><a href="http://www.cecs.uoguelph.ca/home/">http://www.cecs.uoguelph.ca/home/</a></b> -Job search information -Resume workshops and interview skills	Co-operative Education & Career Services Ext. 52323 University Center, Level 3 <a href="mailto:careers@uoguelph.ca">careers@uoguelph.ca</a>
Computer Help Desk	OVC Information Technology Services <b><a href="http://www.ovc.uoguelph.ca/its">www.ovc.uoguelph.ca/its</a></b>	Help Line Ext. 54778 Emergency Hotline 519-821-9814 OVC Learning Technologies Centre, Room 1601
Exam SMART	Learning Services & Stress Management Clinic <b><a href="http://www.uoguelph.ca/~ksomers/exam.html">www.uoguelph.ca/~ksomers/exam.html</a></b> -Skills training in managing exam anxiety, enhancing performance, and exam preparation/writing strategies -There is a \$20 fee for this program	Kathy Somers Ext. 52662 <a href="mailto:ksomers@uoguelph.ca">ksomers@uoguelph.ca</a>  Dale Lackeyram Ext. 53632 Learning Specialist <a href="mailto:dlackeyr@uoguelph.ca">dlackeyr@uoguelph.ca</a> * *Preferred method of communication  Joannah O'Hatnick Ext. 53632 Learning Specialist <a href="mailto:johatnic@uoguelph.ca">johatnic@uoguelph.ca</a>
Health Services	Student Health Services, Powell Building <b><a href="http://www.studenthealth.uoguelph.ca">www.studenthealth.uoguelph.ca</a></b> -Walk-in clinic and appointments with physicians -Medical notes for academic consideration -Titres and vaccinations	Walk-in or call for appointment Ext. 52131
Hospitality Services	OVC Hospitality Services <b><a href="http://www.hospitality.uoguelph.ca/">http://www.hospitality.uoguelph.ca/</a></b> -Student meal plans/meal cards (see website)	Adrian Hollingbury Ext. 52234 Manager OVC Cafeteria

Learning and Study Strategy Support	<p>Learning Services, McLaughlin Library  <a href="http://www.learningservices.uoguelph.ca">www.learningservices.uoguelph.ca</a>  -Individual consultation by appointment to discuss learning concerns, time management, integrating information in courses, etc.  -Flexible scheduling for meetings  -Services are free and confidential  -Extensive resources on website</p>	<p>Dale Lackeyram Ext. 53632  Learning Specialist  <a href="mailto:dlackeyr@uoguelph.ca">dlackeyr@uoguelph.ca</a>*  *Preferred method of communication</p> <p>Joannah O’Hatnick Ext. 53632  Learning Specialist  <a href="mailto:johatnic@uoguelph.ca">johatnic@uoguelph.ca</a></p>
Managing Headaches	<p>Stress Management Clinic  <a href="http://www.uoguelph.ca/~ksomers/headache.html">www.uoguelph.ca/~ksomers/headache.html</a>  -Strategies to decrease tension and migraine type headaches  -Tips for pain management  -There is a \$20 fee for this program</p>	<p>Kathy Somers Ext. 52662  <a href="mailto:ksomers@uoguelph.ca">ksomers@uoguelph.ca</a></p>
Off Campus Housing	<p>Student Housing Services  <a href="http://www.housing.uoguelph.ca/home.cfm">http://www.housing.uoguelph.ca/home.cfm</a></p>	<p>Off Campus Housing Ext. 53357  <a href="mailto:ocho@uoguelph.ca">ocho@uoguelph.ca</a></p>
OSAP Information	<p>Student Financial Services  <a href="http://www.uoguelph.ca/registrar/studentfinance/">http://www.uoguelph.ca/registrar/studentfinance/</a></p>	
Personal Problems	<p>Counselling Services  <a href="http://www.counselling.uoguelph.ca/counselling">www.counselling.uoguelph.ca/counselling</a>  -Provides confidential individual assistance, programs and support groups to assist students with stress, eating disorders, bereavement, obsessive/compulsive disorder, performance anxiety, depression, etc.</p> <p>Dr. Conlon’s Office</p> <p>OVC Peer Helpers  <a href="http://www.ovc.uoguelph.ca/academics/dvm/studentlife/pe erhelpers/">www.ovc.uoguelph.ca/academics/dvm/studentlife/pe erhelpers/</a></p>	<p>All counselling appointments  Ext. 53244</p> <p>Dr. Peter Conlon Ext. 54413  <a href="mailto:pconlon@ovc.uoguelph.ca">pconlon@ovc.uoguelph.ca</a></p> <p>Level 3, University Centre and onsite counselling in OVC</p>
Professionals Help Program	<p>Professional Help Program Brochure – OVMA and CVO  <a href="http://www.cvo.org/uploadattachments/PHPbrochure0514.pdf">http://www.cvo.org/uploadattachments/PHPbrochure0514.pdf</a></p>	
Relaxation and Stress Management Skill Training	<p>Stress Management Clinic  <a href="http://www.uoguelph.ca/~ksomers/class.html">www.uoguelph.ca/~ksomers/class.html</a>  -A strong skills based program in body and mind relaxation techniques helpful for releasing tension, calming anxiety and settling a busy brain  -There is a \$40 fee for this program</p>	<p>Kathy Somers Ext. 52662  <a href="mailto:ksomers@uoguelph.ca">ksomers@uoguelph.ca</a></p>
Learning Disabilities and Other Disability Issues	<p>Centre for Students with Disabilities (CSD)  <a href="http://www.slcs.uoguelph.ca/csd/">www.slcs.uoguelph.ca/csd/</a>  -Mandate is to provide equal opportunity for academically qualified disabled students and to overcome barriers to full participation by such students in the University community</p>	<p>CSD Ext. 56208</p> <p>Bruno Mancini Ext. 52386  Director of Student Life and Counselling Services  Level 3, University Centre  <a href="mailto:bmancini@uoguelph.ca">bmancini@uoguelph.ca</a></p>

<p>Research Skills, Information Literacy</p>	<p>The Library  <a href="http://www.lib.uoguelph.ca/assistance/ask_us/">www.lib.uoguelph.ca/assistance/ask_us/</a>          -Workshops, tours, online tutorials, one-on-one consultations, classroom instruction and research help and support you in making the most of scholarly resources, help with searching databases, conducting academic research, and evaluating information</p>	<p>Jane Burpee Ext. 54255          Research Help Manager  <a href="mailto:jburpee@uoguelph.ca">jburpee@uoguelph.ca</a></p>
<p>Time Management, Procrastination and Perfectionism</p>	<p>Learning Services  <a href="http://www.learningcommons.uoguelph.ca">www.learningcommons.uoguelph.ca</a> and click on <b>Time Management</b>          -Free individual assistance by appointment          -Fast facts series on time planning available online          -Web based time management workshop:  <a href="http://www.webshops.uoguelph.ca/LearningTime/index.html">www.webshops.uoguelph.ca/LearningTime/index.html</a></p>	<p>Maryann Kope Ext. 58313          Learning Services Coordinator  <a href="mailto:mkope@uoguelph.ca">mkope@uoguelph.ca</a></p> <p>Dale Lackeyram Ext. 53632          Learning Specialist  <a href="mailto:dlackeyr@uoguelph.ca">dlackeyr@uoguelph.ca</a>*          *Preferred method of communication</p> <p>Joannah O'Hatnick Ext. 53632          Learning Specialist  <a href="mailto:johatnic@uoguelph.ca">johatnic@uoguelph.ca</a></p>
<p>Wellness Centre</p>	<p>The Wellness Centre  <a href="http://www.wellnesscentre.uoguelph.ca/">http://www.wellnesscentre.uoguelph.ca/</a>          -Awareness, Balance, Choice (responsible drinking)          -Acceptance Without Limits (eating disorders, body image, self esteem)          -Drinkwise (changing drinking habits)          -Forward Minds (mental health issues)          -Leave the Pack Behind (stop smoking program)          -NAKED (sexuality awareness)          -SAFE (safe relationships, dealing with sexual assault)          -SpeakOUT (lesbian, gay, bisexual and transgender issues)          -WETT (sexual assault, body image, discrimination and stereotyping, alcohol and drug use, homophobia and heterosexism, communication in relationships)</p>	<p>The Wellness Centre Ext. 53327          (Above Student Health Services)  <a href="mailto:wellness@uoguelph.ca">wellness@uoguelph.ca</a></p> <p>Marlene Pfaff Ext. 56150          Student Wellness Educator  <a href="mailto:mpfaff@uoguelph.ca">mpfaff@uoguelph.ca</a></p>
<p>Writing Support</p>	<p>Writing Services  <a href="http://www.learningcommons.uoguelph.ca">www.learningcommons.uoguelph.ca</a> and click on <b>Writing Services</b>          -Free individual assistance from staff or Peer Helpers          -Writing drop-in help          -Fast facts available online</p>	<p>Writing Services Ext. 53632</p> <p>Barbara Christian Ext. 56209          Unit Coordinator  <a href="mailto:bkchrist@uoguelph.ca">bkchrist@uoguelph.ca</a></p>

