

Resources for Student Veterinarians



Ontario Veterinary College
STUDENT AFFAIRS

Resource	Unit Information	Contact
Better Sleep Program	Stress Management Clinic www.uoguelph.ca/~ksomers/sleep.html -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 ksomers@uoguelph.ca
Career Services	Co-operative Education & Career Services http://www.cecs.uoguelph.ca/home/ -Job search information -Resume workshops and interview skills	Co-operative Education & Career Services Ext. 52323 University Center, Level 3 careers@uoguelph.ca
Computer Help Desk	OVC Information Technology Services www.ovc.uoguelph.ca/its	Help Line Ext. 54778 Emergency Hotline 519-821-9814 OVC Learning Technologies Centre, Room 1601
Exam SMART	Learning Services & Stress Management Clinic www.uoguelph.ca/~ksomers/exam.html -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 ksomers@uoguelph.ca Dale Lackeyram Ext. 53632 Learning Specialist dlackeyr@uoguelph.ca * *Preferred method of communication Joannah O'Hatnick Ext. 53632 Learning Specialist johatnic@uoguelph.ca
Health Services	Student Health Services, Powell Building www.studenthealth.uoguelph.ca -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 http://www.hospitality.uoguelph.ca/ -Student meal plans/meal cards (see website)	Adrian Hollingbury Ext. 52234 Manager OVC Cafeteria

<p>Learning and Study Strategy Support</p>	<p>Learning Services, McLaughlin Library www.learningservices.uoguelph.ca -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 dlackeyr@uoguelph.ca* *Preferred method of communication</p> <p>Joannah O’Hatnick Ext. 53632 Learning Specialist johatnic@uoguelph.ca</p>
<p>Managing Headaches</p>	<p>Stress Management Clinic www.uoguelph.ca/~ksomers/headache.html -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 ksomers@uoguelph.ca</p>
<p>Off Campus Housing</p>	<p>Student Housing Services http://www.housing.uoguelph.ca/home.cfm</p>	<p>Off Campus Housing Ext. 53357 ocho@uoguelph.ca</p>
<p>OSAP Information</p>	<p>Student Financial Services http://www.uoguelph.ca/registrar/studentfinance/</p>	
<p>Personal Problems</p>	<p>Counselling Services www.counselling.uoguelph.ca/counselling -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 www.ovc.uoguelph.ca/academics/dvm/studentlife/pe erhelpers/</p>	<p>All counselling appointments Ext. 53244</p> <p>Dr. Peter Conlon Ext. 54413 pconlon@ovc.uoguelph.ca</p> <p>Level 3, University Centre and onsite counselling in OVC</p>
<p>Professionals Help Program</p>	<p>Professional Help Program Brochure – OVMA and CVO http://www.cvo.org/uploadattachments/PHPbrochure0514.pdf</p>	
<p>Relaxation and Stress Management Skill Training</p>	<p>Stress Management Clinic www.uoguelph.ca/~ksomers/class.html -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 ksomers@uoguelph.ca</p>
<p>Learning Disabilities and Other Disability Issues</p>	<p>Centre for Students with Disabilities (CSD) www.slcs.uoguelph.ca/csd/ -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 bmancini@uoguelph.ca</p>

<p>Research Skills, Information Literacy</p>	<p>The Library www.lib.uoguelph.ca/assistance/ask_us/ -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 jburpee@uoguelph.ca</p>
<p>Time Management, Procrastination and Perfectionism</p>	<p>Learning Services www.learningcommons.uoguelph.ca and click on Time Management -Free individual assistance by appointment -Fast facts series on time planning available online -Web based time management workshop: www.webshops.uoguelph.ca/LearningTime/index.html</p>	<p>Maryann Kope Ext. 58313 Learning Services Coordinator mkope@uoguelph.ca</p> <p>Dale Lackeyram Ext. 53632 Learning Specialist dlackeyr@uoguelph.ca* *Preferred method of communication</p> <p>Joannah O'Hatnick Ext. 53632 Learning Specialist johatnic@uoguelph.ca</p>
<p>Wellness Centre</p>	<p>The Wellness Centre http://www.wellnesscentre.uoguelph.ca/ -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) wellness@uoguelph.ca</p> <p>Marlene Pfaff Ext. 56150 Student Wellness Educator mpfaff@uoguelph.ca</p>
<p>Writing Support</p>	<p>Writing Services www.learningcommons.uoguelph.ca and click on Writing Services -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 bkchrist@uoguelph.ca</p>

