

# IMPORTANT DATES TO REMEMBER

MONDAY, SEPTEMBER 5, 2011  
MOVE IN DAY

MONDAY, SEPTEMBER 8, 2011  
CLASSES BEGIN

WEDNESDAY, DECEMBER 7, 2011  
CLASSES END

SATURDAY, DECEMBER 10, 2011  
EXAMS BEGIN

WEDNESDAY, DECEMBER 21, 2011  
EXAMS END

THURSDAY, DECEMBER 22, 2011  
RESIDENCE CLOSES

SUNDAY, JANUARY 8, 2012  
RESIDENCE RE-OPENS

MONDAY, JANUARY 9, 2012  
CLASSES RESUME

FEBRUARY 20 - 24, 2012  
BREAK WEEK

WEDNESDAY, APRIL 11, 2012  
CLASSES END

SATURDAY, APRIL 14, 2012  
EXAMS BEGIN

MONDAY, APRIL 30, 2012  
EXAMS END

TUESDAY, MAY 1, 2012  
RESIDENCE CLOSES

PLEASE NOTE THAT RESIDENTS ARE EXPECTED TO LEAVE RESIDENCE WITHIN 24 HOURS OF THEIR LAST EXAM EACH TERM.

# THE KING'S MEAL PLAN

## PLAN POLICIES

- All students living in residence must be on a meal plan.
- Meal plans are non-transferable
- Refunds are subject to a \$25 processing fee.
- Students may request a refund of unused off-campus funds at year end (April 30).
- Changes to meal plan choice are permitted until September 30.

## MEAL PLAN REFUNDS ARE CALCULATED AS FOLLOWS:

**Plan #1** maximum cash refund is \$500 less the amount spent at off-campus partners. 50% of the year ending balance will be put on your meal card for the next academic year.

**Plan #2** maximum cash refund is \$700 less the amount spent at off-campus partners. 50% of the year ending balance will be put on your meal card for the next academic year.

**Plan #3** maximum cash refund is \$900 less the amount spent at off-campus partners. 50% of the year ending balance will be put on your meal card for the next academic year.

KING'S IS PLEASED TO OFFER YOU A CHOICE OF DECLINING BALANCE MEAL PLANS AT THE THAMES MARKET, OPERATED BY ARAMARK CAMPUS SERVICES.

MEAL PLAN #1	\$3,315 food credit* Designed to meet your basic meal requirements. Allows up to \$500 in purchases at our off-campus partners.
MEAL PLAN #2	\$3,515 food credit* Allows for occasional snacking between meals and purchases of \$700 at our off-campus partners.
MEAL PLAN #3	\$3,715 food credit* A meal plan designed for those with heartier appetites. Allows for up to \$900 in purchases at our off-campus partners.
*2011-2012 prices	

Students with special dietary needs must contact the Residence Manager prior to their acceptance of residency to ensure these needs can be met. Check the King's website for more information on meal plan policies, sample menus and Thames Market offerings.



**THE KING'S MEAL PLAN INCLUDES DINING AT THE THAMES MARKET (OUR DINING HALL IN THE WEMPLE BUILDING), THE TIM HORTON'S (IN LABATT HALL) AND USE OF YOUR MEAL PLAN AT A NUMBER OF OFF-CAMPUS PARTNERS INCLUDING PIZZA PIZZA, MONGOLIAN GRILL, SWISS CHALET AND UWO.\***

The Thames Market is a "marché" concept dining facility which offers a wide variety of nutritious meals and snacks throughout the day.

### Extreme Pita

For the student who wants a change from a regular sandwich. A healthy sandwich option with vegetarian and flat-top grilled selections, all prepared fresh and made to order.

### Express

A quick and convenient grab and go option with a large selection including entrée salads, subs, wraps, sandwiches, sushi, fresh fruit cups, vegetable cups, yogurt and specialty items.

### Quick Stop Bakery:

A selection of fresh baked muffins, pastries and cookies along with various sweet treats.

### GrilleWorks

A traditional grill menu with burgers and fries—but we don't stop there. We also offer a full line of breakfast items, grilled sandwiches and much much more.

### Home Zone

Offers a variety of international and domestic entrees that are sure to please every palate.

### Ah-So Sushi

Fresh made sushi and other Asian favourites.

\* Subject to change.

### Espresso's Coffee

If you are looking for a great cup of freshly brewed coffee with a large variety of blends and flavours and want to be socially responsible at the same time, then our Espresso's Program has what you are looking for.

### Montague's Deli

With a large assortment of freshly made sandwiches, wraps and hot paninis you can never go hungry. Our Healthy Choice menu offers four Signature Sandwiches with less than 6 grams of fat!

### Pan Geos Stage

Stir fry and pasta station with a twist. Everyday we offer a variety of fresh vegetables, your choice of protein and selection of sauces over a bed of rice or pasta.

### Pizza Pizza/Chicken Chicken

Ontario's number one pizza franchise, offering the standard favourites and the exotic. With the addition of Chicken Chicken you can also enjoy Pizza Pizza's take on chicken.

### Salad Garden

Self serve salad bar with assorted salads and greens, vegetables and fruits.

### Variety Corner

Gum, chocolate bars, potato chips, ice cream bars, bulk candy and other treats.

### Bagels by the Thames

Assorted bagels with a selection of jams and cream cheeses.

### Beverages

A full selection of juices, milk, water and soft drinks.

## RESIDENCE INFORMATION FOR PARENTS 2011-12



**TIPS FOR PARENTS** SENDING A SON OR DAUGHTER TO UNIVERSITY IS A BIG TRANSITION FOR THE WHOLE FAMILY. PERHAPS THE MOST IMPORTANT THING YOU CAN DO FOR YOUR FIRST-YEAR STUDENT IS TO HELP HIM/HER DEVELOP SKILLS OF INDEPENDENCE, SELF-RELIANCE AND PROBLEM-SOLVING.

Be a support and resource for your child, but encourage him or her to gather information, seek assistance, and become capable advocates independently. Encourage your child to address problems or difficulties promptly. A proactive approach is often the best approach.

Become knowledgeable about King's University College and UWO. Read the material your child has received. If you are aware of the services on campus you will be able to suggest avenues of assistance if difficulties arise.

Be interested in all the things your child is experiencing, both inside and outside the classroom. Students learn a great deal in their first year of university and only part of that learning occurs in class. Ask questions, but accept that you likely won't know every detail of his/her life at university.

Encourage your child to seek out detailed information before deciding to drop a course, withdraw from residence, or withdraw academically. Such decisions can have serious financial implications, including OSAP and scholarship/bursary consequences. Some College fees are non-refundable, and most others are refundable on a 12% weekly declining balance.

Understand that your son or daughter may receive lower marks than she/he did in high school. This is normal. Encourage your child to seek assistance and use campus resources and services to develop study strategies that will increase his/her success.

Send cards, letters, e-mails, and packages. Phone and email regularly. Contact with home is important to students, even if they don't always remember to thank you. Allow your son or daughter to indicate what type and frequency of contact works best for them.

Prepare for the October/November panic phone call. Most students experience feeling overwhelmed for a day or two in the fall. Listen to them, remind them of their strengths and successes, and encourage them to access campus resources.

Expect growth and change in your son or daughter. She/he will be exposed to new places, new ideas and new people and these are bound to have an influence.

Stock up on your child's favourite foods and plan favourite family activities when she/he goes home to visit.

**REMINDER!**  
FINAL FEE PAYMENT ARRANGEMENTS MUST BE MADE WITH THE STUDENT FINANCIAL SERVICES OFFICE NO LATER THAN MONDAY, AUGUST 15, 2011.

**CONFIDENTIALITY OF STUDENT RECORDS** KING'S UNIVERSITY COLLEGE IS COMMITTED TO MAINTAINING THE CONFIDENTIALITY OF STUDENT RECORDS. FINANCIAL, ACADEMIC, RESIDENCE AND PERSONAL STUDENT INFORMATION CANNOT BE RELEASED TO ANYONE, INCLUDING PARENTS, WITHOUT THE STUDENT'S WRITTEN PERMISSION. COLLEGE STAFF ARE PLEASED TO PROVIDE GENERAL INFORMATION ABOUT OUR POLICIES AND PROCEDURES AT ANY TIME. **QUESTIONS? CONTACT THE RESIDENCE OFFICE: 519.433.3491 X4393 OR 1.800.265.4406 X4393, EMAIL: KINGSRES@UWO.CA**



London, Ontario CANADA  
1.800.265.4406 or 519.433.3491  
www.kings.uwo.ca | kingsres@uwo.ca

**ANY QUESTIONS? Contact the Residence Office:**  
1.800.265.4406 x4700 or 519.433.3491 x4700  
kingsres@uwo.ca | www.kings.uwo.ca

## TYPICAL CHALLENGES EXPERIENCED BY FIRST-YEAR STUDENTS

- Feeling overwhelmed by a more demanding work load.
- Feeling academically under-prepared.
- Adjusting to long distance boyfriend/girlfriend and family relationships.
- Establishing their own identity and independence.
- Questioning academic choices (am I in the right courses and program?).
- Establishing new relationships.
- Living in community.
- Managing finances and paying bills.
- Finding their place at a new school.

THE TRANSITION TO UNIVERSITY IS AN EXCITING TIME FILLED WITH NEW OPPORTUNITIES AND CHALLENGES. Sometimes students may need some help meeting these challenges. It is always best to seek assistance as soon as a difficulty arises. RAs, or the Residence Office staff, are the first people to see if a residence difficulty arises. Seeking help promptly is the key to quick resolution!

## STUDENT SERVICES AT KING'S

KING'S OFFERS A FULL RANGE OF SERVICES TO ADDRESS STUDENTS' ACADEMIC, PERSONAL AND SPIRITUAL NEEDS. ADDITIONAL INFORMATION ABOUT ALL THESE SERVICES CAN BE FOUND ON THE KING'S WEBSITE AT [WWW.KINGS.UWO.CA](http://WWW.KINGS.UWO.CA)

THE ACADEMIC DEAN'S OFFICE can provide information about degree requirements, at any time throughout the year, and offers program counselling sessions during February Intent to Register. Should illness or a serious personal crisis affect a student's academic work, the Academic Dean's Office should be consulted in a timely manner.

CAMPUS MINISTRY fosters an inclusive environment where people of diverse backgrounds walk together on the faith journey. Sunday and weekday Eucharist is offered at King's.

THE DEAN OF STUDENTS OFFICE is concerned with the quality of student life and learning outside the classroom. This includes a variety of student support services, facilities and student activities, many of which are listed below. The Dean of Students Office is also a point of contact for support and services for First in Family (first-generation university students), mature students and First Nations students.

ACADEMIC SUPPORT AND CAREER DEVELOPMENT is provided in a number of areas. The Write Place and the Effective Writing Instructor can assist students with the challenges of written assignments at the university level and with English Second Language issues. In addition, a Learning Skills Counsellor and a Career Counsellor are available for one-on-one sessions. Several academic departments offer peer tutoring to assist first year students.

SERVICES FOR STUDENTS WITH DISABILITIES is committed to providing an accessible and barrier-free learning environment to ensure continued success throughout the university experience for students with a wide range

of disabilities. Services include academic accommodation, learning strategies, assistive technologies and alternative to print materials. Students with disability issues are encouraged to register prior to August 1 each year.

PERSONAL COUNSELLING offers students the opportunity to explore, understand and develop new skills for managing personal concerns. These concerns may include relationship difficulties, abuse issues, eating disorders, anxiety, depression, grief and loss, and sexuality issues. All counselling is confidential.

INTERNATIONAL STUDENT SERVICES offers a number of services and programs to assist international students in the transition to Canadian university, including orientation activities, social events and peer support. This office also supports students in outgoing international exchange programs.

FINANCIAL ASSISTANCE AND INDIVIDUAL FINANCIAL COUNSELLING is available in the Student Financial Services Office. Students may qualify for work-study positions, bursary assistance, and other forms of financial assistance. One-to-one financial counselling appointments can be booked to discuss financing, budgeting, and payment plan options.

**STUDENT SERVICES AT THE UNIVERSITY OF WESTERN ONTARIO** King's offers *the best of both worlds*. Students have the advantage of being at a small, personal university college, yet all of the services and opportunities available at the larger University of Western Ontario are theirs to enjoy, as well. UWO offers a student health centre, a career development office, recreation facilities, and a wide variety of clubs, volunteer organizations, and cultural groups.

### USC HEALTH INSURANCE

All full-time undergraduate students are automatically enrolled in the University Students' Council Extended Benefit Health Plan. The Plan is effective from September 1 to August 31 each year. Students who are covered under an equivalent extended benefit health care plan (in addition to standard provincial

coverage) may choose to "opt-out" of the USC plan and receive a full refund of the fee (approx. \$90). **The opt out deadline is usually the 3rd week of September.**

See the USC health plan website for more information at [www.usc.uwo.ca/health/](http://www.usc.uwo.ca/health/)

### STUDENT HEALTH SERVICES

, located in the University Community Centre at UWO, offers a comprehensive diagnostic and therapeutic facility to all registered students. Fully qualified physicians, counsellors and nurses are available daily from Monday to Friday, with weekend emergency clinics.



**MOVE IN DAY!**  
**MONDAY, SEPTEMBER 5, 2011**  
**ARRIVE BETWEEN 10 A.M. AND NOON.**  
 ARRIVING AFTER ONE O'CLOCK? PLEASE INFORM THE RESIDENCE OFFICE [KINGSRES@UWO.CA](mailto:KINGSRES@UWO.CA)

**ROOM ASSIGNMENTS**  
 RESIDENCE ROOM ASSIGNMENT PARTICULARS ARE NOT RELEASED UNTIL THE OFFICIAL RESIDENCE OPENING DAY. WE APOLOGIZE FOR ANY INCONVENIENCE THIS MAY CAUSE.

**MOVING IN**  
 You will be greeted by a VERY enthusiastic group of upper-year students (Sophs). They will direct you to parking and guide you through the move-in process.

At the residence check-in station residents will receive their room keys, mailbox number and phone number.

### RESIDENCE LIFE AT KING'S LIVING IN RESIDENCE IS A GREAT WAY FOR FIRST-YEAR STUDENTS TO BEGIN THE EXPERIENCE OF UNIVERSITY.

Approximately 350 students live in residence each year. Research has shown that living in residence has a positive influence on first-year students who are in the process of developing enhanced social and interpersonal skills, connecting with the campus environment, and establishing friendships within a community of peers. King's is dedicated to promoting academic excellence and to fostering an atmosphere of mutual respect within our residence buildings. Our residences get top marks from students each year in residence satisfaction surveys. This is thanks, in part,

to the dedication and enthusiasm of the King's residence staff.

All members of the residence staff (a Residence Manager, two Assistant Managers, a secretary, 18 Residence Assistants "RAs", security, housekeeping and custodial staff) are committed to maintaining a residence environment that promotes positive academic and personal development. We know that students see residence as their home away from home and we strive to make that home as comfortable as possible.

The RA in each residence unit is a vital resource in helping your son or daughter make a successful transition to university life. RAs are senior students who are trained to assist

students with the transition of first-year university. RAs offer support and guidance, have information about campus resources, and enforce residence standards and guidelines.

ENCOURAGE YOUR SON OR DAUGHTER TO TALK TO AN RA WHENEVER A QUESTION OR CONCERN ARISES.

### RESIDENCE STANDARDS

The King's University College Residence Handbook, the King's University College Code of Student Conduct and the King's University College Rules of Residence are posted on the King's website. We encourage all parents and students to be familiar with these documents before move-in day. Printed copies are available from the Residence Office.

### ORIENTATION WEEK

is a great opportunity for new students to meet their classmates, familiarize themselves with campus, and become acquainted with the King's community.

In addition to participating in activities at King's, King's students share many orientation events with UWO and the other affiliate colleges. Attendance at orientation events is not mandatory, though students

are encouraged to participate, especially in the week's academic programs.

**O WEEK**  
 Students can purchase O-kits in advance at [www.okits.ca](http://www.okits.ca) until mid-August. Students must purchase an O-kit (\$76) to participate in O Week activities.

### CAMPUS SAFETY AND SECURITY

King's is committed to providing a safe and secure residence and campus environment. Residence buildings are locked 24 hours a day and only the residents of the building have a key to the main door. Video surveillance cameras are located at the entrance of each residence building. Residence staff and security guards patrol campus regularly and are available to respond to situations as they arise. The Western Foot Patrol offers walking buddies for students walking alone in the evenings.

### TELEPHONE AND CABLE

Each residence room is equipped with a telephone and a Rogers cable outlet. The cost of local phone service is included in residence fees. Roommates will share a phone line, however, each resident will have private voice mail. Pre-paid long distance calling cards are available for purchase on campus.

Residents may also wish to explore long distance plan options associated with their home or cell phone accounts. Residents who wish to subscribe to cable TV services may make arrangements with Rogers after move in day.

### COMPUTER ACCESS

All residence buildings are equipped with wireless service in lounge areas in addition to the two RezNet lines in each room. Students must ensure that their computer has an ethernet card. RezNet fees are included in the residence fee. More information about minimum system configuration is available at [www.kingscollege.net](http://www.kingscollege.net)

### FREE BUS SERVICE

A free shuttle bus runs between King's, UWO and the other affiliate colleges during class times. Full-time students also receive a London Transit Commission bus pass for transit around the city.

# THINGS TO TALK ABOUT BEFORE SEPTEMBER

IT MAY BE HELPFUL TO DISCUSS CERTAIN PLANS AND EXPECTATIONS WITH YOUR SON OR DAUGHTER BEFORE SEPTEMBER. PARENTS WHO HAVE DONE THIS HAVE FOUND THAT POTENTIAL CONFLICTS AND MISUNDERSTANDINGS WERE AVOIDED. YOU MAY WANT TO DISCUSS THE FOLLOWING:

How often will you call or contact each other?

How often will the student visit home?

Who will pay phone and cable bills?

What long distance plan is the best value?

What are your academic expectations?

Are laundry lessons required?

What transitional issues might family members face?

What transitional issues might students face?

Is your child aware of the importance of a good credit history?

Does your child have a bank account accessible from London?

Does your child have cheques for his or her bank account?

Will the student have a source of emergency money or credit?

Have you explored financial aid options, including bursaries? For more information see [www.kings.uwo.ca/financial\\_services/student/](http://www.kings.uwo.ca/financial_services/student/)

Have you checked your home insurance policy to ensure coverage at university? (Students are strongly advised to insure personal property, as King's does not provide this coverage.)

LEARN MORE ABOUT KING'S AT OUR WEBSITE [WWW.KINGS.UWO.CA](http://WWW.KINGS.UWO.CA)