



# **ESCargot**

**August 2021**



# Letter from the ESC

Congratulations and welcome Year 1 Teacher Candidates! We are excited that you have decided to join us here at Althouse to become educators.

The Bachelor of Education program is different from your previous undergraduate experience in terms of course load, class work, assignments, semester layout, and the pass/fail approach. This transition can be intimidating, but take comfort in knowing that everyone in the program will face these challenges, and that the Faculty of Education wants to see and will help you succeed. Remember that you and your peers were accepted into the program because you showed enthusiasm for education (among other reasons); this enthusiasm bonds you together and encourages you to support each other. You will quickly notice this passion for education in your classes, your discussions, and the other ways that you connect with your peers. Despite last year being fully online, we (Year 2 Teacher Candidates) were still able to benefit from and embrace the energy of our peers. We are excited (and a little jealous) that you will be able to experience this in-person at Althouse this year.

As for your Education Students' Council (ESC), we will work to improve the academic, social, and professional aspects of every Teacher Candidate's experience in our program, as well as their well-being. Expect us to deliver programming and resources throughout the year to achieve this goal. As you will see below in the ESCargot, there are also opportunities for you to join and support the ESC. Have a look at the opportunities and please do not hesitate to reach out if you have any questions.

Enjoy your first year. Learn, make connections, have fun, and please try to keep Althouse standing. Many of us Year 2 Teacher Candidates have yet to step foot into the building.

# Meet the ESC



**Flo Goetz**  
**President**

"I'm looking forward to getting my feet back into a school during practicum. I'm especially excited to have practicum right at the beginning of the school year!"



**Sarah Treesh**  
**VP Academic Affairs**

"We have so many ideas in store for the 2021/2022 school year, and I couldn't be more excited to present a Conference Week that benefits all teacher candidates!"



**Heather Lambert**  
**VP Communications**

"This year, I'm excited to move to a new city and finally meet everyone in person! I also can't wait to take tons of grad photos together in June!"



**Stephanie Ghazarian**  
**VP External Affairs**

"I am most excited to reconnect with my peers and professors, and of course, I can't wait to be back on placement interacting with students again!"



**Michael Ippolito**  
**Speaker**

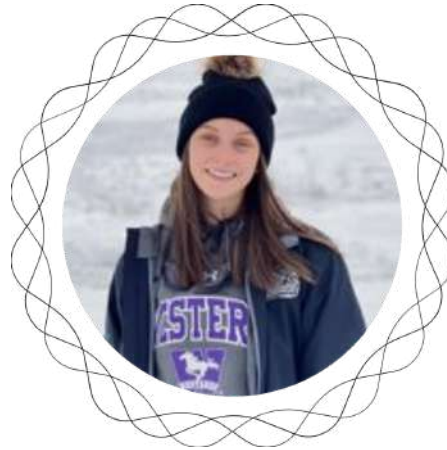
"I'M MOST EXCITED FOR ACTUALLY GETTING TO LEGITIMATELY MEET PEOPLE IN THIS FACULTY!!!!!!!!!!!!!"

# Meet the ESC



**Christina Heine**  
Athletic Director

"This upcoming year I am most excited to get back to socializing with people in person and making face to face connections!"



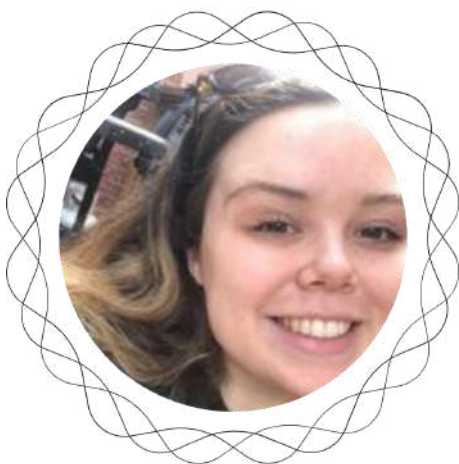
**Natalie Warecki**  
Athletic Director

"This upcoming year, I am super excited to have more in person interactions both in the classroom and in our placements!"



**Chrystalla Paleshi**  
Marketing Director

"I'm excited to meet my classmates in person, and to see how much I'm going to learn during practicums!!"



**Kaitlin Ritlop**  
Year 2 ETFO Commissioner

"I'm excited to meet everyone. I'm looking forward to exploring London this upcoming year!"



**Victoria Morrish**  
Year 2 OSSTF  
Commissioner

"I'm most excited for meeting everyone in person!"



**Emmalyn Bennett**  
Year 2 Representative

"This year I'm most excited to finally meet all of my virtual friends in person!"

# Next Steps

## Year 1

- New Student Checklist (send to **eduwo@uwo.ca**): <https://theteachercandidate.com/new-student/>
  - Proof of Identity due **September 1**
  - Health & Safety Training due **September 1**
  - Police Record Check (PRC) with Vulnerable Sector Screening (VSS) due **September 21**
- Orientation is **Thursday, September 2, 2021**. Specific time TBC, but plan for midday (between 10 am and 4pm). This will be online and attendance is required.
- Subscribe to TheTeacherCandidate.com for BEd updates, as well as volunteer and job postings!

## Year 2

- Send updated Police Record Check (PRC) with Vulnerable Sector Screening (VSS) to [eduwo@uwo.ca](mailto:eduwo@uwo.ca)
- Board Requirements: <https://theteachercandidate.com/boardrequirements/>
- Continue AFE hours: <https://theteachercandidate.com/afe/>

# Friendly Reminders

- Academic Calendars:  
<https://theteachercandidate.com/schedules/>
- TheTeacherCandidate.com is undergoing summer maintenance, so please have patience with the site.
- The Teacher Education Office is developing an integrity-focused module for Teacher Candidates. This will be available in August.
- Check your UWO email inbox for the BEd Newsletter with reminders and updates. They will arrive monthly throughout the summer and bi-weekly during the school year.

# Education Acronyms

You will hear and see many acronyms during your education journey as you progress from teacher education, to practicum, and onto teaching careers. As it can be difficult to keep track of all the acronyms, here is a quick list of acronyms to get up to speed. Expect to hear more acronyms during your first year.

**TC:** Teacher Candidate; students enrolled in a Bachelor of Education program (that's us!)

**P/J, J/I, I/S:** Primary/Junior/Intermediate/Senior. Ontario education programs qualify teachers to teach at two consecutive divisions. The consecutive divisions include: P/J (Kindergarten to Grade 6), J/I (Grades 6 to 10), and I/S (Grades 7 to 12).

**T2P:** Transition to Professional Practice. T2P is the course title for EDUC 5008Q. The course includes a series of professional development opportunities that explore important topics in education. Every TC is enrolled in this course.

**AT:** Associate Teacher. The teacher you will work with, shadow, and be mentored by during your practicum.

**SB:** School Board. You'll hear and see many acronyms that end in SB. Expect to become accustomed to using your local school board's acronym (i.e. TVDSB is London's public school board).

**IEP:** Individual Education Plan. An IEP is a written plan developed for an exceptional student that describes the accommodations, modifications, and alternative expectations to be provided.

# Education Acronyms

**AFE:** Alternative Field Experience. While completing your teacher education, you will have opportunities to explore different aspects and settings of education. Examples of an AFE include but are not limited to: volunteering with a community organization, working with unfamiliar grades/subjects, researching a topic that interests you, and completing professional development courses.

**MPT:** Math Proficiency Test. Under current regulations, all teacher candidates must successfully complete the MPT to be certified by the OCT. The MPT focuses on mathematics content and pedagogy.

**AQ:** Additional Qualification. After completing your teacher education, you are eligible to take AQ courses to expand your qualifications (i.e. be qualified to teach a different subject or grade level).

**OT:** Occasional Teacher. a temporary teaching position where you cover for a teacher who is away for a short period (i.e. sick for the day).

**LTO:** Long Term Occasional. a temporary teaching position where you cover for a teacher who is away for an extended absence (i.e. maternity leave).

**OCT:** Ontario College of Teachers. The professional body that licenses, governs and regulates all teachers working in Ontario publicly funded schools.

**OTF:** Ontario Teachers' Federation. The OTF represents and advocates for all teachers in Ontario's publicly funded schools.



# Education Acronyms

**TELC:** Teacher Education Liaison Committee. This committee is the primary liaison between the OTF and Western's Faculty of Education. Faculty and students make up the committee and are able to communicate our needs and interests to the OTF.

**OTCC:** Ontario Teacher Candidates Council. The OTCC advocates for the needs and interests of Teacher Candidates across the province. Each year there are opportunities for you to join the OTCC and represent Western's TCs.

The four following acronyms (ETFO, OECTA, OSSTF, AEFO) are the unions that represent a specific cohort of Ontario public teachers. The unions lobby and advocate for its teachers, and are also responsible for the collective bargaining of its teachers.

**ETFO:** Elementary Teachers' Federation of Ontario.

**OECTA:** Ontario English Catholic Teachers' Association.

**OSSTF:** Ontario Secondary School Teachers' Federation.

**AEFO:** Association des enseignantes et des enseignants franco-ontariens.

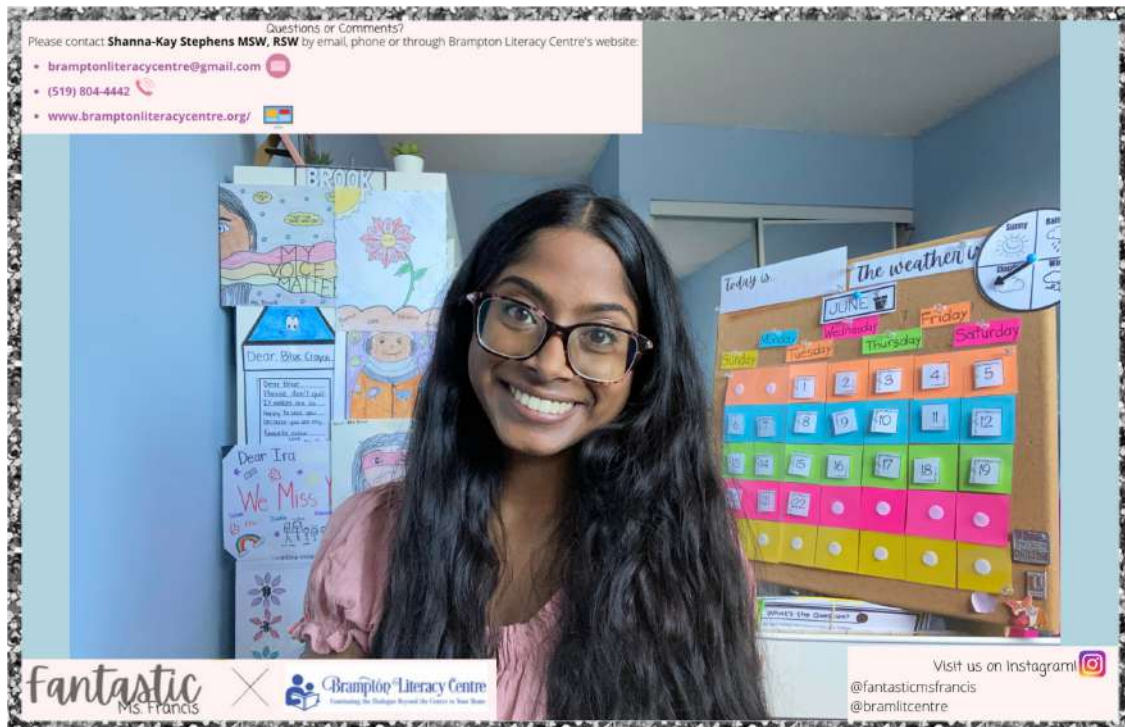
# Awesome AFEs!

**Check out the amazing work our TCs took on for their Alternative Field Experiences over the summer!**



"I've been volunteering at a local YMCA, helping with their youth programming. It's been good fun to take a play & learn approach. I'm not sure how often I'll experience the approach in my stream (IS), but it's definitely useful to know what activities excite students and get them engaged. Pictured above: we played Among Us in person, and the boys loved it. Another leader was the one who designed and prepared the activity." - **Flo Goetz**

# Awesome AFEs!



"I have been working as a tutor for the Brampton Literacy Centre for well over five years. The Brampton Literacy Centre is a threefold company that offers tutoring, editing, and counselling services. For my AFE I wanted to do something different than traditional tutoring. 'Learn with Ms. Brook' is a program I created with the guidance of my Tutoring Manager and company CEO, Shanna Kay Stephens. Each day, students in grades K-6 would learn different concepts in each of the following subjects: Math, Language Arts, Science and Social Studies. Each day was dedicated to one subject, and lessons included: discussions, virtual worksheets, journal entries, art lessons, virtual games and many more! I absolutely enjoyed my time planning, organizing, and teaching and I look forward to running the program again next year!" - **Brook Francis**

# Awesome AFEs!

"I was with Derek Tangredi at InkSmith, a Waterloo-based education non-profit. I helped them deliver and design STEM-based education for teachers and students all across Canada. I also developed my very own coding challenge that I presented in over 50 virtual classrooms across Ontario! It was so rewarding, and the feedback has been incredible. I'm especially proud of myself because I am not a STEM person (my specialty is French and my undergrad was in music therapy)."

**- Chrystalla Paleshi**



"Since May, I have been working with The Ripple Effect Education (TREE) as their Program Development Specialist. TREE is an organization that brings social-emotional learning, conflict resolution skills, and social justice competencies to school classrooms around Ontario. In my role, I have been tasked with revising and updating their entire TREE Classrooms programming, which they provide to students in Kindergarten through to Grade 8. I have had the opportunity to conduct research into anti-racist education and trauma-informed pedagogy, design lesson plans and activities around conflict resolution and social justice themes, and practice unit planning on both macro and micro scales. Working with TREE has been such a rewarding experience this summer!"

**- Heather Lambert**

# Join the ESC!

## What positions are available?

- Elected Positions:
  - French Representative
  - VP Student Affairs
  - VP Finance
  - VP Student Events
  - Year 1 Representative
- General Member Positions:
  - Administrative Director
  - Athletic Director (Year 1)
  - Diversity and Inclusivity Commissioner
  - ESCargot Editor
  - ETFO Commissioner (Year 1)
  - Global Community Commissioner
  - Graduation Formal Commissioner
  - OECTA Commissioners (1 from each year)
  - OSSTF Commissioner (Year 1)
  - PD Coordinator (2 members)
  - Social Event Commissioner
  - Wellness Commissioner

## Can I be involved in the committee even if I don't have an elected position?

- Yes! There are positions that you can apply for that do not require being elected. In addition, non-council members are able to sit in on council meetings.

## How do I join the ESC?

- You can join by filling the digital application that we will send out to all Year 1s in September 2021. You can find more information about the structure at this link: <https://theteachercandidate.files.wordpress.com/2020/02/updatedesc-constitution-feb2020.pdf>

## What is the time commitment?

- The time commitment varies by position. Feel free to reach out to [westernu.esc@gmail.com](mailto:westernu.esc@gmail.com) to request a more specific description of the duties and commitment of the roles you are interested in.

## Will the meetings be virtual this year?

- Meetings will be virtual for now, with the possibility of transitioning to in-person meetings depending on COVID-19 updates.

# TC Self Care

Over the past year, the need for a self care toolkit has become more evident than ever before. Everyone's self care will look a little bit different, but you can try to incorporate some of these suggestions into your everyday life!

## #1: Make Time for Yourself!

The school year can get busy as you balance schoolwork, practicum, and the other stressful parts of life. Try to:

1. Prioritize - what can be deferred?
2. Ask for help - it's okay to need help sometimes!
3. Say no to commitments that aren't essential.
4. "Take Five" - set aside 5 min each day for something fun!
5. Breathe - as obvious as it sounds, breathing deeply helps.

## #2: Practice Positive Self Talk

Self care centres on the "self", and that means being kind and patient with yourself. Give yourself positive affirmations like "I can do this" or "I will succeed today". Celebrate even small successes! Little by little, become your own best cheerleader.


## #3: Engage in Mindfulness

Mindfulness is the process of "focusing awareness on the present moment". When you're listening to music, a podcast, an audiobook, or even just in silence, take a few seconds to exist in the moment. Check in with yourself and how you're feeling, and accept yourself the way you are.

# Student Services Contact Information


## **Psychological Services**

Offers confidential counselling for personal and social issues through individual appointments, and workshops on a variety of topics. Visit <https://www.uwo.ca/health/psych/>




## **Accessible Education**

Offers services for students with a variety of disabilities by providing academic accommodation, assistive technology, and related support. Contact [ssd@uwo.ca](mailto:ssd@uwo.ca) or visit <https://studentexperience.uwo.ca/leadershiplearning/>




## **Wellness Education Centre (WEC)**

Offers a safe, comfortable environment for Western students to explore the many health and wellness resources available on and off campus. If you don't know where to go, start here. Contact [wec@uwo.ca](mailto:wec@uwo.ca), visit <https://www.uwo.ca/health/>



## **Gender Violence & Survivor Support Case Management**

The Gender Violence & Survivor Support Case Manager will provide you support regardless of if you were subjected to gender violence on or off campus, or before you came to Western. The Survivor Support Case Manager will listen, and with your consent, connect you to resources within the university and city, explain reporting options, assist with safety planning, and navigate academic and other accommodations. At no point will you be required or pressured to follow a specific path. To learn more, visit [https://www.uwo.ca/health/student\\_support/survivor\\_support/index.html](https://www.uwo.ca/health/student_support/survivor_support/index.html)



## **Writing Support Centre**

Provides individual writing support, seminars, and online support to help both undergraduate and graduate students strengthen their writing skills. Contact [wsc@uwo.ca](mailto:wsc@uwo.ca) or visit <http://writing.uwo.ca>

# ESC Contact Information



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**Have a question, comment, or suggestion for the ESCargot newsletter? Send us an email at [escargotnewsletter.esc@gmail.com](mailto:escargotnewsletter.esc@gmail.com)!**