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VISION, MISSION, VALUES

Vision

All Western Students ... Belong. Learn. Thrive.

Mission

With a strengths-informed approach and a focus on relationships, we support students as they navigate transitions, pursue their academic goals, and build a meaningful life and career.

Values

EMPATHY

We learn by listening.

We choose to be curious.

We seek to understand and appreciate diversity.

We respond with compassion and kindness.

COLLABORATION

We rely on each other's knowledge.

We invite input and diverse perspectives.

We consult and partner to achieve better outcomes.

We prioritize reciprocity, collegiality, and shared expertise.

COMMUNITY

We listen to and amplify diverse voices.

We create opportunities for participation and connection.

We look for common goals and strive for collective impact.

We work to remove barriers.

We appreciate and celebrate one another.

GROWTH

We create supportive learning environments.

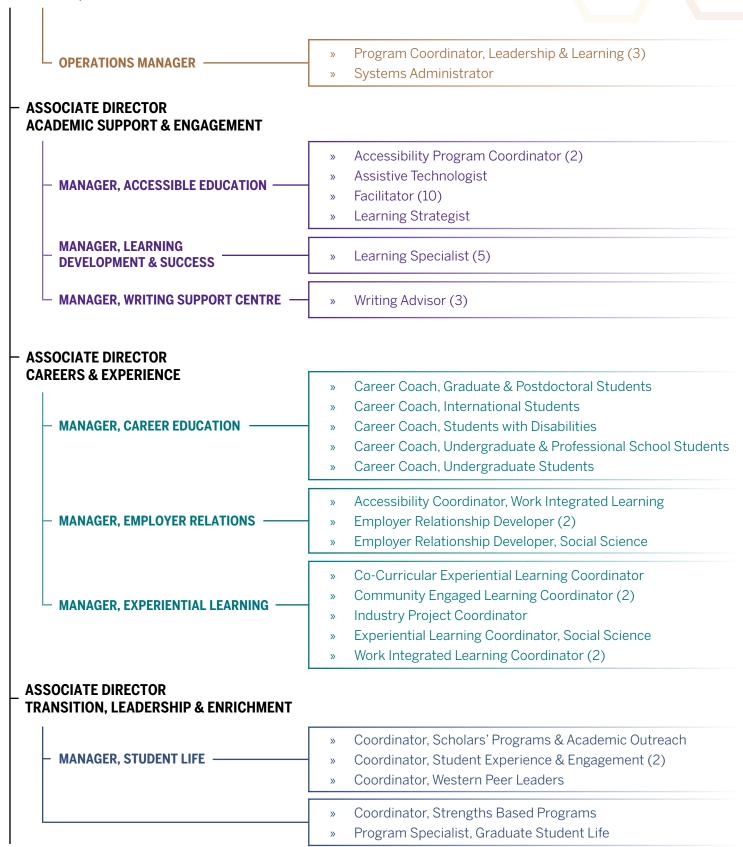
We see potential and strive for continuous improvement.

We engage in on-going learning and development.

We see learning opportunities in every challenge.

ORGANIZATIONAL CHART

DIRECTOR, LEADERSHIP & LEARNING



EXECUTIVE SUMMARY

The Leadership & Learning pillar in Student Experience is a highly collaborative and innovative team that supports undergraduate and graduate students as they make their way through their degree and build critical skills for the future. Staff across eight different units meet with students one-on-one, facilitate workshops and group programming, and create a range of resources that help students in all faculties learn more about themselves and build strong networks of support.

2024-25 pillar highlights include:

- » Increased engagement with the new Accessible Learning Lab in Weldon Library
- » A collaboration with Faculty of Information & Media Studies to facilitate student-led learning groups
- » New supports for students on public speaking, including thesis/defense presentations
- » New resources to help students <u>use AI in career planning</u>
- » A 24% increase in student participation in Career Fairs after expanding to two days and implementing accessibility features
- » A video series on <u>Western's Signature Experiential Learning Types</u> in partnership with Western Research, Western International, and Morrissette Entrepreneurship
- » The first Leading with Strengths event and a new Strengths Community of Practice for faculty and staff across campus

We are working over the summer months to provide transition programming to incoming first-year students, meet with current students, and prepare for a successful 2025-26! This includes the recent integration of Accommodated Exams into the Student Experience portfolio, expansion of graduate student facing programs, and the launch of an employer engagement strategy to support our talented students with their next steps.

As I take on the Acting Vice-Provost, Students role for one year (July 1, 2025 - June 30, 2026), I am delighted that Heather Wakely will be the Acting Director of Leadership & Learning! You can expect a continued focus on collaboration with Faculties and support units and a student-centred approach to program design and delivery. Please let us know if you are interested in exploring a partnership – we're eager to connect.



Stephanie Hayne BeattyDirector, Leadership & Learning

OPERATIONS

The Operations Team is dedicated to supporting all functions within Leadership & Learning, providing tailored support to Academic Support & Engagement, Careers & Experience, and Transition, Leadership & Enrichment. Our mission is to facilitate the smooth operational functioning of these departments, ensuring that they have the resources and support they need to achieve their goals.

This year, the Operations Team has made significant strides in several key priority areas:

HIRING AND RECRUITMENT

- We successfully supported the hiring of over 185 individuals, including both staff and student leadership positions. This effort has bolstered our teams and enhanced our capacity to deliver high-quality services and programs.
- » Made changes to ensure a streamlined hiring and onboarding process, fostering a diverse and inclusive work environment.

PROCESS IMPROVEMENT AND TRANSPARENCY

- We undertook initiatives to improve transparency within our operations, making it easier for all departments to understand and navigate our processes.
- » By optimizing our approaches, especially with regard to finance and purchasing best practices, we continue to improve accountabilities and fiscal transparency.

SUPPORT FOR THE WORK STUDY PROGRAM

- » Our Program Coordinators provided dedicated support to students in the Work Study program, ensuring they had the guidance and resources needed to succeed. This includes supporting student registration and appointments, connecting our students and campus partners to our services, and supporting the use of our facilities including the PAL Centre and the headshot booth.
- » This support has been crucial in helping students gain valuable work experience and develop their professional skills.

SYSTEMS ADMINISTRATION

- » Our Systems Administrator worked diligently with users to ensure consistent updates to software, aligning with changing business needs. This included advocating with the service providers for changes to infrastructure when needed.
- » These efforts have ensured that our technological infrastructure remains robust, secure, and capable of supporting our evolving operational requirements.

By supporting hiring, enhancing transparency, optimizing processes, and maintaining up-to-date systems, we have strengthened our ability to support the diverse functions within Leadership & Learning. Moving forward, we remain dedicated to providing exceptional support and fostering a collaborative and efficient work environment.

ACADEMIC SUPPORT & ENGAGEMENT



Western Student Services Building, 4th Floor

ASSOCIATE DIRECTOR

Michele Anderson

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ACCESSIBLE EDUCATION

LEARNING
DEVELOPMENT
& SUCCESS

WRITING SUPPORT CENTRE

ACCESSIBLE EDUCATION

accessibleeducation.uwo.ca

Unit Mission

As part of Leadership & Learning, Accessible Education (AE) ensures that students with disabilities attending at Western, the affiliates, and Continuing Studies have a reasonable opportunity to engage in academic activities required to fulfill essential course and program requirements.

Key Priorities for 2024-25

- Provide services in the formats and locations that best align with student demand and preferences.
- Support students' connection to community and participation in meaningful co-curricular programming.
- Increase collaboration and programming with other units in Student Experience.

Signature Programs & Services

ACADEMIC ACCOMMODATION SUPPORT

6,283 students **1,834** new registrations

18,225 total contacts **3,185** 1:1 appointments

15,040 case communications (emails, phone calls, partner consultations)

ASSISTIVE EDUCATIONAL TECHNOLOGY SUPPORT

193 AT Support visits 100 alternate format requests

115 students provided reading/note-taking software

 Facilitating student use of assistive technology to enhance access to information and completion of academic requirements.

LEARNING STRATEGY SUPPORT

77 students supported with 1:1 learning strategy

100 hours of drop-in support 10 Study Zone sessions

 Assisting students in developing learning strategies that align with their strengths, enhancing adaptation and coping skills, and increasing the likelihood of academic success.

ACCESSIBILITY PROGRAMMING

8 transition sessions 30 mentorship matches

1,267 volunteer note-sharers fulfilling 1,410 requests

287 students using Accessible Learning Lab

5 community-building art workshops

 Focusing on full participation and campus engagement by identifying and reducing physical and attitudinal barriers.

New Initiatives in 2024-25

- » Expanded AE's on-location presence, making same-day support available within faculties, health services, and at Western Libraries.
- » Enhanced co-curricular offerings and peer engagement through recruitment of a new cohort of the Student Accessibility Advisory Committee, community-building social nights, and significantly growing our Peer Coach and Peer Mentoring programs.
- Offered 'Study Zone' sessions—drop-in study pods supported by peer coaches and Learning Strategy experts.
- » Co-facilitated campus-wide workshops on topics including: accommodations in the classroom, accessible supports for graduate students, and neurodiversity-affirming practices.
- » Launched twice weekly sensory-friendly hours in the Accessible Learning Lab, providing a calm, lowstimulus environment for students with sensory sensitivities.

"I very much appreciated your advice, support and guidance...you made a big difference in my experience, and I thank you so much for that."

"Thank you for creating a safe space for me to be open with my health conditions."

LEARNING DEVELOPMENT & SUCCESS

learning.uwo.ca

Unit Mission

Learning Development & Success (LDS) helps students grow their strengths through personalized support, inclusive learning communities, and innovative practices that foster academic success.

Key Priorities for 2024-25

- Provide engaging and responsive support to students pre-arrival through graduation.
- Increase student engagement and leadership development through our training programs and volunteer opportunities.
- Development and launching of new programming in collaboration with division units and faculties.

Signature Programs & Services

TRANSITION PROGRAMMING FOR INCOMING STUDENTS

SMARTSTART: LEARNING & ACADEMICS

2,366 students

LEARN2LEARN

406 students

INDIVIDUAL PROGRAMMING

944 appointments

1,098 unique visits to the PAL Centre

GROUP PROGRAMMING

- **210** workshop attendees
- Includes winter workshop series, Own Your Future graduate-level programming, and workshops delivered across Canada through Procrastination Awareness Week
- 1,251 Student-led Learning Group participants
- **62** Schulich Study Hall attendees
- 71 PhD/Masters Planning Groups participants
- 15 Mindfulness for Academic Success participants

"Since I started receiving help from you I have seen a big improvement in my grades due to your advice, as well as my ability to organize my time."

New Initiatives in 2024-25

- » Student-led Learning Groups In partnership with the Faculty of Information & Media Studies, restructured from a six-week program to a ten-week program to extend the delivery period and increase engagement.
- » Schulich Study Hall Workshops Upgraded from a drop-in service to workshops to support a broader range of students and better align with program goals.
- Mindfulness Programming Redesigned with a focus on graduate students looking to develop mindfulness skills and connect with a community of their peers.
- » Workshop Series

Winter 2025 series integrated several new workshops and a shorter format for quick skill-boosting sessions.

» GRADUpdATE

The graduate newsletter returned after a short hiatus with fresh content in Winter 2025.

"I wanted to update you as we talked about my operations management midterm that didn't go well... good news is that I got an 80% on the second midterm! That is a **20% improvement** from the first!"

WRITING SUPPORT CENTRE

writing.uwo.ca

Unit Mission

We assist writers from the Western community, regardless of their skill level or facility in English, at any stage of the writing process, in any genre, across all disciplines. We are a support unit that helps participants critically engage with ideas and communicate research through writing.

Key Priorities for 2024-25

- · Offer comprehensive public speaking programming.
- Underpin all initiatives with the concept of "thriving through belonging" aspiration, as the WSC helps all students find their writing voice.
- Assist more graduate students through the thesis/dissertation writing process

"Thank you once again for working with me on my writing skills for my essays. I just wanted to let you know that I got a 95% on the paper, I would not have been able to do as well without you!"

Signature Programs & Services

Programs were offered with a blend of virtual and/or in-person options.

GRADUATE & UNDERGRADUATE COMBINED

10,455 students

 1:1 individual appointments, online paper submissions, faculty outreach seminars, online modules

GRADUATE SPECIFIC

2.646 students

- Graduate seminar series, graduate writer retreats, Own Your Future graduate seminars.
- We continue to offer presentations in hybrid formats to make sessions more accessible to graduate students. As a consequence, workshop numbers continue to rise steadily.

UNDERGRADUATE SPECIFIC

1,869 students

 SmartStart modules for first-year students acclimating to Western, Language in Culture Series (LinCS) seminars for incoming first-year international students, undergrad seminars.

> "I appreciate your help, not only in my writing skills but also in building my confidence. You know, I was experiencing depression and questioned myself. Your affirmation

and encouragement are inspiring to me."

New Initiatives in 2024-25

- In 2024-25, the Writing Support Centre (WSC) continued to not only include comprehensive writing programming but also presentation support. The WSC offered guidance on visual rhetoric, overall slide design, inclusive presentations, audience awareness, integrating qualitative and quantitative data, partitioning chapters in a thesis/dissertation presentation, and delivering with impact. Students could attend a series of new seminars devoted to presentations and/or receive 1:1 consultations from a presentation specialist. Over 45 graduate students met with our presentation advisor to help specifically with their dissertation defense presentation.
- » Last year, the WSC also partnered with numerous Western colleagues, such as the School of Graduate and Postdoctoral Studies, the Faculty of Health Sciences Knowledge Mobilization Unit, and the Western Research Hub for Physical Activity and Health to help graduate students market their research. To that end, WSC specialists created and delivered presentations on knowledge mobilization, mentored students, and judged competitions. In 2024, they had a greater global presence by presenting to students and faculty from African Leadership University, a Pan-African institution located in Rwanda, about crafting presentations.

"My advisor taught me the way to solve the problem instead of just fixing it for me. It was a great learning experience."

CAREERS & EXPERIENCE



University Community Centre, Rm. 210

ASSOCIATE DIRECTOR

Heather Wakely

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CAREER EDUCATION

EMPLOYER RELATIONS

EXPERIENTIAL LEARNING

CAREER EDUCATION

career.uwo.ca

Unit Mission

Career Education empowers students to define their goals, plan for a meaningful future, and take action to achieve success.

Key Priorities for 2024-25:

- Extend reach of Career Education programs, services, and impact through targeted and strategic support and proactively meeting students where they are.
- Increase early awareness of Career Education resources amongst students through innovative methods to maximize usage and support throughout their Western journey.
- Increase detailed tracking and analysis of student interactions to best understand the impact of Career Education efforts, ensuring programming is created with an EDI lens.
- Promote the availability and value of experiential learning (EL) at Western and prepare students to successfully apply for and secure EL opportunities.

Signature Programs & Services

1-ON-1 STUDENT SUPPORT

2,361 total students

INDIVIDUAL COACHING APPOINTMENTS

1,550 students

PEER ADVISING

383 drop-in **316** eAdvising

CAREER WORKSHOPS & OWL SITE

522 students in workshops

 This year, we reduced the number of workshops offered in our space in order to meet students where they are (see Customized Workshops and Programming).

1,788 visits to OWL site

 The top 5 visited pages were the resume assessment checklist, resume, cover letter, and interviewing workshop videos, and the Life Design workbook.

CUSTOMIZED WORKSHOPS & PROGRAMMING

6,415 students

This represents unique programming requested by faculties, support units, and student clubs, as well as continued partnerships with Learn to Lead, Own Your Future, and work integrated learning programs, etc.

"My coach provided extremely useful insights and information that was tailored to my unique situation. He asked a lot of questions but also allowed ample time for me to ask mine. He was patient, kind, and encouraging."

New Initiatives in 2024-25

- » Launched two new workshops
 - » Using Al in Your Career Plan Focused on integrating Al tools into career development. One iteration was offered as a webinar in partnership with Western Alumni.

"I enjoyed the interactivity and

true passion for the subjects being discussed. I could tell

that the speaker really wanted to help us through our path as

students transitioning to the workplace. I really enjoyed all

that was presented and found

it inspiring as I work towards the beginning of my career."

- » Accessibility in the Workplace: Mental Health Focused on mental health inclusion in the workplace.
- » Launched a new group coaching model tailored for international students, which was met with immediate interest. This initiative contributed to increased engagement in Career Education drop-in services across campus.
- » Based on consultation with students and campus partners, we eliminated the use of "Western Employment Resource Centre" as the name of the drop-in peer advising service and adjusted the volunteer position title to reduce confusion and align with similar positions in the Western Peer Leader Program.
- » Introduced drop-in sessions at the Arts & Humanities Building and in residences to enhance access and visibility of services.
- Partnered with the Transition, Leadership and Enrichment team to pilot integration of the Learn to Lead program directly into course curricula. The program was delivered to fourth-year Health Sciences students across two courses who were then awarded leadership certificates for their participation.

EMPLOYER RELATIONS

hirewesternu.ca

Unit Mission

We connect industry and community to Western by leveraging strategic partnerships, developing work integrated learning opportunities, and leading recruitment services for all students and employers.

Key Priorities for 2024-25

- Sustain and expand participation in recruiting services, building on the positive growth achieved over the past year.
- Deepen employer and student engagement in specialized industry recruitment events, continuing the momentum we have established.
- Advance efforts to increase the hiring of Social Science students in paid internships, with a sustained focus on targeted outreach and opportunities.
- Maintain and strengthen proactive, strategic employer outreach, aligning with evolving institutional priorities and labour market trends.

Signature Programs & Services

CAREER FAIRS (FALL AND WINTER)

7,173 students 221 employers

GRADUATE & PROFESSIONAL SCHOOL FAIR

1,093 students 89 recruiters

INFORMATION SESSIONS (EMPLOYMENT & ACADEMIC)

1,584 students 211 employers

WESTERN CONNECT JOB AND INTERNSHIP POSTINGS

8,734 paid job postings

3,698 paid internship postings

CAREERS IN FEDERAL GOVERNMENT DAY (VIRTUAL)

158 students 15 employers

TECH TALENT EXCHANGE (IN-PERSON)

105 students 11 employers

SOCIAL SCIENCE INTERNSHIP PROGRAM

1,234 Social Science Internship postings

431 DAN & MOS Internship postings

EMPLOYER OUTREACH

326 phone calls **247** consultations

New Initiatives in 2024-25

- » Expanded the fall and winter career fairs to a 2-day format, allowing us to increase the number of participating employers.
- » Enhanced promotion and accessibility of career fairs, resulting in a 24% increase in student attendance.
- » Launched an early admission process for Social Science students pursuing internships, aligning with recruiting timelines in key industries.
- » Continued development of our new five-year Employer Engagement Strategy (2025–2030), including internal and external consultations, to guide our future direction.

"[Our intern] took complete ownership of his areas, worked diligently and asked thoughtful and well articulated questions to better his understanding and technical skills. He showed great communication and professionalism when having meetings and discussions both internally and with the client."

"I got 4 different interviews from networking! Employers were kind and open to help you connect with the right job."

EXPERIENTIAL LEARNING

experience.uwo.ca

Unit Mission

We support students' personal and academic development by designing, promoting, and facilitating practical experiences with community and industry partners.

"The supportive work environment and the ability to contribute to meaningful operations enabled me to apply my academic understanding in real-world circumstances, preparing me for future endeavours."

Key Priorities for 2024-25

- Launch Signature Experience Strategy publicly to: establish Western's identity with regard to experiential learning, articulate to students the types of experience they can gain, and identify target growth areas.
- Embed gender-based sexual violence prevention education in work integrated learning (WIL) and project based learning.
- Lead tracking and reporting of paid WIL data, including industry, function, and salary information.

.....

- Increase access to paid WIL for students with disabilities.
- Increase graduate, interdisciplinary, and crosssectoral experiential learning opportunities.
- Expand support for industry project courses to additional faculties and levels of study.
- Expand co-curricular volunteer opportunities and supports to empower students to connect with local nonprofit organizations.

Signature Programs & Services

WIL PROGRAM SUPPORT

UNDERGRADUATE

15 programs 1,356 work terms

GRADUATE

17 programs 467 work terms

SOCIAL SCIENCE INTERNSHIPS

178 students hired for paid work terms

INDUSTRY PROJECT COURSES

14 courses 5 faculties 4 organizations

1,146 students **16,320** hours of engagement

CURRICULAR COMMUNITY ENGAGED LEARNING

33 courses 10 faculties 168 partners

2,479 students **1,238** projects

59,315 hours of engagement

• Welcomed 14 new community partners.

CO-CURRICULAR COMMUNITY ENGAGED LEARNING

WESTERN'S CO-CURRICULAR RECORD

813 activities 14,105 experiences validated

ORIENTATION SERVES

1,391 students 15 partners

New Initiatives in 2024-25

- » Developed a video series to formally launch Western's Signature Experience Strategy in partnership with Western Research, Western International, and Morrissette Entrepreneurship.
- » In collaboration with Wellness & Equity Education, offered "Bringing Your Values to Work" session to WIL programs and embedded "Building Safer Classrooms" session into a graduate community engaged learning course.
- » Optimized the use of Western Connect for all faculty internship and co-op programs.
- » Expanded industry project course portfolio by 10 courses, representing two new faculties, the first graduate offering, and 15 new partners.
- Enhanced local volunteerism portfolio including launch of new promotional campaign to connect students with local volunteer opportunities.
- » Launched new pilot program, ImpactLab London, in collaboration with the City of London and London's PSIs, engaging students across disciplines and institutions in developing solutions to a strategic City theme.

"It would have taken tens of thousands of dollars in consulting contracts to generate comparable research. When do you get the opportunity to have 500 educated people weigh in your problem? We would not have been able to replicate this on our own."

TRANSITION, LEADERSHIP & ENRICHMENT



Western Student Services Building, 4th Floor

ASSOCIATE DIRECTOR

Leslie Gloor Duncan

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TRANSITION PROGRAMS

LEADERSHIP & MENTORSHIP

GRADUATE STUDENT LIFE

TRAINING

ENRICHMENT PROGRAMS

ORIENTATION & OFF-CAMPUS STUDENTS

STRENGTHS AT WESTERN

LEADERSHIP & LEARNING 2024-25

TRANSITION, LEADERSHIP & ENRICHMENT

academicsupport.uwo.ca/transition_leadership__enrichment

Unit Mission

Transition, Leadership & Enrichment (TLE) facilitates successful transitions for undergraduate and graduate students, supports retention efforts, and offers programs & resources to inform academic planning, deliver leadership and personal development training, and connect students to their unique talents.

Key Priorities for 2024-25

- Complete Launch Online initiative and wrap up the Advisory Committee
- Initiate Leading with Strengths Speaking Series at Western in collaboration with Gallup
- Strengthen supports and communication for graduate students

Signature Programs & Services

SUMMER TRANSITION PROGRAMS (WESTERN LAUNCH)

1-1 COURSE ADVISING

- 1,562 course advising appointments
- Texting campaign sent 4,808 messages to students

FACULTY FRIDAYS

399 students **345** guests

OVERNIGHT EXPERIENCE

561 students **330** guests

LAUNCH ONLINE

- 10,508 visits 57% of incoming students accessed
- Six new eLearning modules rolled out in Summer 2024

VIRTUAL FACULTY/PROGRAM WORKSHOPS

1,156 students

PARENT/FAMILY SUPPORTS

1,048 workshop participants over 5 workshops

549 newsletter subscribers

 Workshops topics included residence life, academic supports, experiential learning, and more.

MENTORSHIP PROGRAMS

609 students 41 events

- Peer mentors are often the first person a student may reach out to when they need help, and they help to create a sense of belonging for new students.
 - » Leadership & Academic Mentorship Program
 - » Society of Mature Students
 - Out of Province Students' Association

New Initiatives in 2024-25

- » Leading With Strengths speaker series and Strengths Community of Practice
- » Learn to Lead curricular integration in Kinesiology and Health Sciences courses
- » safeTALK for Kinesiology students in 4th year course
- » Grad Life website launch
- » Western Launch programs: Launch Online, Faculty Fridays, parent newsletter and virtual workshops

LEADERSHIP PROGRAMS

WESTERN PEER LEADERS

334 unique student volunteers in 676 roles

- WPL increases efficiencies, creates opportunities, and builds capacity for student leadership at Western.
- Allows for standardized recruitment, training, assessment and management of student leaders.

LEARN TO LEAD

3,110 total participants 40 workshops

- Workshops are facilitated in-person and virtually by staff with expertise in a variety of leadership topics, including team building, facilitation, and conflict management.
- Curricular integration for Kinesiology students.

"We travelled 6 hours for this event and felt it was worth the time. Our child met people in her residence and has already formed a study group. Every person you meet in advance of orientation week just helps with the transition."

GRADUATE STUDENT LIFE

5,202 students accessed GradLife 101

50 Grad Life Coaching appointments

9 transition events **2** leadership events

4 enrichment events

• Graduate Student Life supports Western graduate students by providing one-on-one advising, hosting social and educational events, and helping to coordinate the many different services for graduate students across campus.

13,051 total visits to GradLife 101.

ENRICHMENT PROGRAMS

SCHOLAR'S ELECTIVES

118 students 39 first-year students

 The Scholar's Electives Program is designed to offer a unique educational experience for high-achieving students (up to 50 admitted to each cohort).

WESTERN SCHOLARS

544 students

 The Western Scholars program provides opportunities for outstanding students to learn and grow as both scholars and global citizens in an engaging, enriching, and inspiring environment.

THERAPY DOGS

1,556 attendees 7 events

ORIENTATION & SOCIETY OF OFF-CAMPUS STUDENTS

LEADERSHIP SOPH TEAM (LST) TRAINING

71 Soph leaders

ORIENTATION TRAINING FOR ALL SOPHS

838 Sophs/LST

SOCIETY OF OFF-CAMPUS STUDENTS (SOCS)

90 Sophs 1,292 off-campus students

19 events 12 intramural teams

 SOCS is a community of students and upperyear mentors supporting the transition of incoming off-campus students to the Western community. "Completing the
CliftonStrengths assessment—
and more importantly,
participating in the strengths
coaching—was truly lifechanging for me. It helped me
understand not only what my
strengths are, but why I lead
the way I do."

TRAINING

safeTALK TRAINING

39 training sessions for the Western community

117 hours of training

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

8 workshops

112 hours of training

STRENGTHS AT WESTERN

4,031 assessments

51 workshops with 1,671 participants

 Since 2019, a total of 15,370 Western students, staff, and faculty have completed their CliftonStrengths assessment to discover their Top 5 talent themes and support the cultivation of a thriving campus ecosystem.

LEADING WITH STRENGTHS

138 attendees

• The first Canadian iteration of Gallup's Leading with Strengths series in partnership with Western Alumni and Ivey Career Management. Through the unique format of a live coaching session, the audience gained insights into Survivor winner and Western alum Erika Casupanan's individual Top 5 and how they've shown up in her previous corporate life, her reality television success, and her current work as a podcast host and media personality.

"One of my best experiences as a peer mentor was seeing the growth in confidence and independence among the students I supported. At the start, many of them came in feeling uncertain—about academics, navigating university life, or even making friends. Over time, through regular check-ins and encouragement, I watched them begin to engage more actively, ask thoughtful questions, and even support their peers."