

Western Residence Learning Projects

Western’s behaviour management process actively fosters the personal and social development of students who are held accountable for violations of the Contract. We strive to provide learning projects for students either on their own or in conjunction with a disciplinary sanction.

This document contains the categories of Learning Projects and some project examples under each category. This is not intended to be an exhaustive list.

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Learning Project Categories

- **Understanding** – Projects that encourage students to explore how they understand themselves and others
- **Perspective** – Projects that encourage students to reflect on their own viewpoint, while also considering the views of others
- **Well-Being** – Projects that encourage students to focus on aspects of their mental, emotional, physical, or social health
- **Restorative** – Projects that encourage students to repair harm they may have caused to others and the community
- **Substance Education** – Projects that encourage students to learn about alcohol and cannabis to better prepare themselves for safe consumption

Learning Project Examples

Understanding

Letter to Future Self – Allows a student to reflect on their personal values, actions, and goals, and identify areas for change

Community Impact Statement - Provides an opportunity for a student to explore their actions in the incident, how they impacted others, and share this with the community

Decision Making and Values Reflection – Allows the student an opportunity to reflect on the incident, explore the specific thoughts and behaviours that led to their participation, and how their personal values play a role in their behaviour

General Reflection – Allows the student to generally reflect on their role in the incident and how they can make change moving forward

Residence Contract Quiz – Helps to create further awareness and understanding of the Residence Contract and test a student’s knowledge of Residence expectations.

General Reflection (video submission) – Helps a student generally reflect on their role in an incident and how they can make change moving forward (video format)

Student Leader Reflection (applies only to Student Leaders) – Encourages Student Leaders to reflect on their decision making and make necessary adjustments moving forward

The Power of Failure - Learning from Experience - Provides an opportunity for a student to critically think about their decision making processes with regards to the incident, and critically analyze the steps they took, decisions they made, and feelings they experienced.

Exploring Damage Repairs – Provides an opportunity to understand the costs associated with residence building damages and appreciate the services that our Facilities Management team provides

Perspective

Action & Impact Reflection – Encourages students to think critically about how they respond to different situations and identify prosocial alternatives

Western Special Constable Service Meeting & Reflection (involves WSCS meeting) – Allows students to discuss/reflect on their involvement in the incident, the impacts of their behaviour, and the overall importance of student safety

Equity, Diversity, and Inclusion (EDI) Interview & Reflection (involves EDI meeting) - Encourages students to consider aspects of equity, diversity, and inclusion, within their decision making and behaviour

Smoking in Residence - Information Review and Reflection (requires Smoke Free Ontario - Review of Evidence attachment) - Reviews information on smoking in residence and reflect on how this behaviour can negatively affect their community.

Well-Being

Coping with Stress through Mindfulness - Helps students consider and develop healthy strategies to cope with academic and personal stress

Wellness Letter to your Future Self - Helps students envision where they would like to be mentally, physically, emotionally, socially, or spiritually at the end of the academic year.

SMART Goal Setting - Encourages students to reflect on their hopes for the academic year, and to set goals that will help students achieve these hopes.

Increasing Wellness through Conflict Management (requires Conflict Management Styles Assessment attachment) - Reduces stress associated with conflict by allowing students to learn their own conflict management style and consider how it can be used in future situations.

Coping with Anger Reflection - Helps students reflect on how they experience and respond to anger and encourages them to create a plan for future situations in which they may become upset/frustrated.

Restorative

Building Damages Campaign – Provides students with an opportunity to repair harm caused by intentional/negligent building damage, through community education

Fire Safety Campaign – Provides students with an opportunity to repair harm caused by intentional/negligent fire safety violations, through community education

Apology Letter – Provides students with an opportunity to help repair harm that you have caused others in your community

Staff and Student Restorative Conversation (involves student/staff collaboration) - Provides students with an opportunity to engage in a meaningful conversation with a staff member they may have caused harm to (verbally abused, became disrespectful to, etc.)

Residence Life Staff Shadow Round (involves student/staff collaboration)- Helps students build an appreciation for the role of Residence Life Staff by learning what their role entails, and restoring relationships they may have damaged.

Substance Education

Residence Alcohol Awareness Workbook – Helps students understand their consumption habits, the overall effects of alcohol, and how they can consume safely moving forward

Residence Cannabis Awareness Workbook – Helps students understand their consumption habits, the overall effects of cannabis, and how they can consume safely moving forward