

April 6, 2017

Dear students,

As classes come to an end for another academic year and you focus on final exams, I want to extend my very best wishes for success with your studies and for an enjoyable summer ahead.

I appreciate what a busy and stressful time of year this can be for students, but I hope it is also one you are approaching with enthusiasm and optimism — especially for those of you who will be graduating at Spring Convocation. I look forward to celebrating your achievements with you.

As you buckle down for final exams, let me encourage you to prioritize your mental and physical well-being. It remains vitally important to make time for wellness breaks — which includes eating healthy foods, exercising, refraining from screen time, and getting adequate sleep. Tending to your health will help you better manage stress and make your working hours more productive.

You should also be aware of the various resources available to help you during this stressful time of year. For example, visit the [Wellness Education Centre \(WEC\)](#) online or in-person at their location in the lower level of the UCC (Rm. 76). The WEC offers a welcoming environment for all Western students to drop-in and learn about the many health and wellness resources available to them.

Another great online source is [Mental Health Supports for Students](#). On this website, you'll find helpful information regarding supports and services such as [Weldon Wellness Station](#); [CMHA on campus crisis support](#); [Psychological Services](#); [single-session therapy sessions](#); [Peer Support drop-in services](#); Exam Stress Drop-In Counselling, and much more.

Again, please take time to take care of yourself. Best of luck on your exams and have a great summer.

Warm regards,



Amit Chakma
President & Vice-Chancellor