

OCTOBER 24, 2025

# EGSA Newsletter



## WELCOME TO THE OCTOBER ISSUE OF THE EGSA NEWSLETTER!

We are excited to connect with you and share updates, resources, and opportunities happening across the Faculty of Education. This month, we're introducing the 2025-26 EGSA Team with their photos and short bios. We hope this helps you get to know the team supporting your graduate experience.

We also want to thank everyone who submitted feedback and contributed content to this issue. Your voices and ideas are invaluable, and we are committed to implementing your suggestions and highlighting your work.

As the semester gets busier, remember to take time for yourself. Go for a walk, enjoy the fall colours, and breathe in the crisp autumn air. We hope you enjoy this issue and find something that inspires or supports you along the way.

Antonia & Toyosi

## Newsletter Highlights

Welcome Message  
from the President and  
Vice President

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Meet the EGSA Team

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Upcoming Events &  
Opportunities

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Resources

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EGSA Survey

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Wellbeing Suggestions

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## MEET THE EGSA TEAM



**ANTONIA YIP**  
**PRESIDENT**

Antonia is a third-year Ph.D. student researching multilingual primary mathematics education. She completed her M.A. in Drama Education at the University of Warwick. When she's not studying, you'll probably find her out running. She just finished her first marathon in Berlin!



**OMOTOYOSI OGUNBANWO**  
**VICE PRESIDENT**

Toyosi is a first-year PhD student in CPELS, in the field of leadership studies. She recently completed MA at Western in 2024. Her research focuses on school leaders' work and well-being in urban low-income communities. During her leisure time, she enjoys taking long walks, meeting with friends and window shopping.



**PASCALE GENDRON**  
**ROBERT MACMILLAN SYMPOSIUM IN**  
**EDUCATION (RMSE) CHAIR**

Pascale is a first year Ph.D. student in the School and Applied Child Psychology program. She completed her M.A. in the same field and her B.A. in Psychology and B.Ed. from Laurentian University. She has a deep interest in child development, learning and exceptionalities. She enjoys being active and spending time with her friends and family.



**CHEYENNE RICHARDS-ANTHONY**  
**INDIGENOUS STUDENT REPRESENTATIVE**

Cheyenne is a first-year M.A. Counselling Psychology student. She completed her B.A at King's University with an Honours specialization in psychology and a major in criminology. She is Ojibway (Wiwemikong) and Lenape (Six Nations of the Grand River). She enjoys playing video games, camping and going for hikes.



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## MEET THE EGSA TEAM



**SAMAH AL SABBAGH**  
**FC/GFC REPRESENTATIVE (PHD)**

Samah is an academic leader, researcher, and trainer with over 20 years of experience in K–12 education and education for development, focusing on educational leadership, teacher development, and equity-driven reform. A proud Palestinian and advocate for social justice, she currently serves as President of the Canadian Palestinian Social Association (CPSA). Samah is a PhD candidate in Critical Policy, Equity, and Leadership Studies at Western University, committed to creating transformative educational spaces that empower future generations to lead and drive global change.



**JOHN TOLENTINO**  
**FC/GFC REPRESENTATIVE (EDD)**

John is a first-year Doctor of Education (EdD) student exploring decolonial and relational approaches to education, counselling, and community leadership. He completed his Master of Social Work at Wilfrid Laurier University. Outside of work and school, you'll probably find him going to an art exhibit, music show or getting a good work out on!



**WANYING LU**  
**FC/GFC REPRESENTATIVE (MA)**

Wanying is a second-year MA student in Applied Linguistics. Fascinated by second language learning and teaching, she's particularly interested in language assessment. Outside of her studies, she enjoys bodybuilding at the rec center and hiking on weekends.



**SHENGYUAN LIANG**  
**FC/GFC REPRESENTATIVE (MPED)**

Shengyuan is a first-year MPed student in TESOL. She has a Master's degree in Finance and previously taught business and English at an international high school. She now works as an IELTS instructor and translator of spiritual writings, and contributes to *Living Earth*, a project exploring the relationship between humans and the natural world.

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## MEET THE EGSA TEAM



**ATA GHADERI**  
**RESEARCH COMMITTEE REP (PHD)**

Ata is a second-year PhD student in applied linguistics. Being a language teacher, he is interested in the professional development of language teachers. He is fascinated by nature and loves to take a walk in his free time.



**YUTONG GAO**  
**RESEARCH COMMITTEE REP (MA)**

Yutong is a first-year master's student in Curriculum Studies. She recently completed her M.Ped. in TESOL at Western University. Outside of her studies, she loves going for hikes and brewing coffee at home.



**JING REN**  
**EQUITY COMMITTEE REPRESENTATIVE**

Jing is a second-year MA student in the Critical Policy, Equity, and Leadership program. A total study buff, she thinks the program is just amazing. In her free time, she enjoys reading novels, travelling, and keeping up with progressive movements around the world.

**JING WU**  
**MENTORSHIP PROGRAM COORDINATOR**  
**(RESIGNED OCTOBER 20)**

*A special thank-you to Jing for being part of the EGSA Team and for her contributions this term.*



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## “ NETWORKING MENTORSHIP LEARNING OPPORTUNITIES

## UPCOMING EVENTS & OPPORTUNITIES

### SOGS COUNCILLOR POSITIONS

We currently have vacant SOGS Councillor positions to represent the EGSA at the Society of Graduate Students. If you are interested in leadership, advocacy, or contributing to graduate student governance, we encourage you to nominate yourself. Your participation can make a meaningful difference in the representation of Education graduate students at the university level.

1. Click [here](#) to download the nomination form
2. Complete pp. 1-2
3. Send your form to [egsa@uwo.ca](mailto:egsa@uwo.ca)
4. Attend monthly Council meetings

*Did you know?*

*Education has 21 seats on SOGS Council, making it the largest constituent at Western!*

### SOGS AGM

Date: Thursday, October 30, 2025

Time: 6:00pm

Venue: Biological and Geological Sciences

Building Room 0153 / Zoom

Registration: [here](#)

*Why attend the AGM?*

*Annual 2024-25 audit report, changes to bylaws, reports, and more!*



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## UPCOMING EVENTS & OPPORTUNITIES

### WRITING COMMONS IS BACK!

The Interdisciplinary Centre for Research in Curriculum's Writing Commons has returned for the Fall 2025 semester!

Writing Commons is a space where graduate students in education can receive writing support such as interpreting feedback, generating and organizing ideas, developing papers, and understanding genres. There is no cost to use this service for graduate students in education.

First year PhD students Haiyi Yan and Kelly Wang will be offering writing support this semester via Zoom on Mondays, Tuesdays, and Thursdays. In-person appointments are available upon request. Currently, office hours are as follows from now until Fri. Dec. 12th:

Mondays: 10am-12pm with Kelly

Tuesdays: 10am-12pm & 2-4pm with Haiyi

Thursdays: 10am-12pm with Kelly

Schedule your 25 or 50-minute session by reaching out to Haiyi or Kelly directly. You may reach Haiyi at [hyan248@uwo.ca](mailto:hyan248@uwo.ca) and Kelly at [ewang54@uwo.ca](mailto:ewang54@uwo.ca). Please schedule your appointment at least 48 hours in advance.

### GET INVOLVED & SHARE YOUR VOICE!

We welcome contributions from graduate students for upcoming issues of the newsletter.

You are invited to share:

- Academic or personal milestones
- Cultural food recipes
- Exciting news, celebrations, or accomplishments

Your stories help strengthen our community and highlight the diverse experiences within EGSA. Submit your content to [egsa@uwo.ca](mailto:egsa@uwo.ca).

Next deadlines:

14 November 2025; 12 December 2025



## RESOURCES

### **CUSTOMIZE MACOS FOLDERS LIKE NEVER BEFORE – INTRODUCING FOLDER FLARE**

Recommendation for neurodivergent or any student who uses colour for organizing files.

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=NgG4E3ikkWs)

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### **ORGANIZING RESEARCH WITH REFERENCE MANAGEMENT TOOLS**

This workshop explored the advantages of reference management tools. Beyond quickly generating citations, reference managers allow one to construct a library of references, notes, digital objects, internet links, and files in one place for efficient retrieval. While there are many reference managers to choose from, this workshop focused on Zotero.

[View/Download the slides](#)

*A big thank-you to Helen Scali and Martin Wolak for recommending these great resources!*

### **SHARE YOUR VOICE: EGSA SURVEY**

EGSA invites all graduate students to complete a short survey and let us know what you hope to see us working on in 2025-26. The survey is anonymous, unless you choose to provide your contact information for a follow-up conversation.

There's no fixed deadline, but the sooner you share your feedback, the sooner the EGSA Team can discuss it at our monthly meetings and take action to provide meaningful support.

<https://forms.office.com/r/HjgaHvJ8YA>



This section features wellbeing suggestions from your EDI Committee Chair, Jing Ren, sharing ways to care for yourself during busy academic times.

Graduate study can be exciting—but it can also feel quite demanding on certain days. Here are a few tips to support your wellbeing and stay balanced throughout the school year.

It's normal to feel stressed during graduate study, really! What matters is getting to know how we respond to stress, shoring up support, and trying to cope in positive ways.

- Leave enough time for more demanding tasks such as writing.
- Focus on what's within your control—your response to stress, expectations for yourself and others, and your mindset. Invest time wisely in things that you truly want to see happen (academically, personally, and socially).
- If you're balancing coursework with family or work responsibilities, make sure to prioritize, set realistic goals, and delegate responsibilities when possible. Believe in yourself and your ability to succeed!

- View stressful occasions as opportunities to strengthen your communication and problem-solving skills.
- Take one of the courses offered by GSPS in communication and academic writing skills.
- Eat a healthy diet—it gives you an energy bank to draw on when you're experiencing stress.
- Meditation and journaling are effective ways to deal with stress. Give them a try. (Meditation apps like Headspace offer discounted student pricing, and their guided meditation programs are really good.)

✨ Above all, stay positive and be kind to yourself!

## **COPING WITH ACADEMIC STRESS**

# TAKE A MOMENT FOR YOUR WELLBEING



💬 Share  
Your Tips!

Do you have your own ways of managing academic pressures or maintaining balance that you want to share?

EGSA wants to hear from you!

✉ Email  
egsa@uwo.ca  
to see your tips featured in the next issue of EGSA newsletter!

## 😴 SLEEP MATTERS

Getting enough sleep supports our cognitive performance, focus and overall wellbeing—it's absolutely essential!

💡 Tip: Set a bedtime goal and notice what tends to delay your sleep time.

If you don't get enough rest one night, don't stress! Light dozing and a bit of daydreaming can have restorative effects, too.



## 🚶 THINGS YOU CAN DO RIGHT NOW TO MAKE YOURSELF FEEL BETTER

Walk for 15 minutes, enjoy a piece of your favourite snacks, or call a friend to arrange a catch-up!

# TAKE A MOMENT FOR YOUR WELLBEING