University of Western Ontario: Department of Political Science

POLITICAL SCIENCE 2211E **Business and Government**

Fall-Winter 2017-2018 Mondays 3:30-6:30 p.m., North Campus Building 114

Course Director

Dr. Adam Harmes
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Office Hours: Mondays 1:30-2:30 p.m., Thursdays 2:00-3:00 p.m.

Course Description: This course examines the politics of economic issues. It focuses on the competition between free market and interventionist economic ideas and how businesses, unions, think tanks and lobby groups seek to influence government policy across various issue areas such as taxes, spending, trade, finance, regulation, the environment, recessions and competitiveness.

Learning Outcomes: By the end of this course, students will be able to: recognize and apply the key economic theories that underpin contemporary policy debates at the domestic and international level; demonstrate knowledge of the key actors, interest groups and institutions which influence contemporary policy debates in Canada, the United States and more broadly; identify and apply key economic, political and policy concepts related to monetary, fiscal, trade, financial, corporate governance, social and environmental policy; demonstrate an understanding of the Canadian political system including key political institutions, electoral politics and federalism; acquire knowledge of Canadian and U.S. economic history and recognize key milestones and events; acquire and apply knowledge of basic qualitative research methods; recognize the inherently political nature of economic policy debates in terms of the relationship between ideas and interests; demonstrate an ability to critically assess policy arguments; acquire and apply knowledge in communicating in a clear and analytic fashion, in written and verbal as well as scholarly and public outreach formats; recognize the importance of listening and proper note-taking; and apply research, organizational and teamwork skills.

Notice on Pre/Anti-requisites: Students are responsible for ensuring that they have successfully completed all course prerequisites and that they have NOT taken an anti-requisite course. Lack of prerequisites may not be used as a basis for appeal. If a student is found to be ineligible for a course, they may be removed from it at any time and they will receive no adjustment to their fees. This decision cannot be appealed. If a student finds that they do not have the course requisites, they should drop the course well before the end of the add/drop period. This will not only help their academic record but will also ensure that spaces are made available to other students.

Course Structure: The course meets weekly on Monday afternoons from 3:30-6:30 p.m. and will consist of two hour lectures from 3:30-5:30 p.m. and one hour tutorials from 5:30-6:30 p.m.

Required Readings: A course reading kit for the Fall semester is available from the university bookstore and additional readings are posted on the course OWL website. A course reading kit for the Winter semester will be available in January.

Evaluation:

Debate	10%	In scheduled tutorials
Fall Mid-Term Exam	10%	30 October
Op-Ed Writing Assignment	15%	27 November
Fall End of Term Exam	15%	Exam Period
Winter Mid-Term Exam	10%	12 February
Research Essay	25%	19 March
Winter End of Term Exam	15%	Exam Period

Tutorial Debates 10%

Each student will participate in one debate. Debates will take place from 5:30-6:30 pm during the tutorial period after the lecture. The sign-up list for debate topics will be posted on the instructor's office door and students must sign-up for a topic no later than before class on the 25th of September. A list of debate topics and dates is available on the course website. When students sign-up for a debate topic they must choose either the affirmative or negative position. If some topics are under-subscribed, some students may be asked to choose other topics in order to ensure four persons per team. The debates will be graded on the basis of an overall team mark worth 10% of the course. A debate instruction sheet and grading guide is available on the course website. Students who miss their debates without prior arrangement with the course instructor will be given a grade of zero. Tutorial attendance is mandatory. Attendance will be taken at random with penalty marks being deducted from individual debate grades.

Fall Mid-Term Exam 10%

This will be a one hour, multiple choice, in-class exam based on the lectures and readings from 18 September to 23 October.

Op-Ed Writing Assignment 15%

One op-ed writing assignment is due on 27 November and it should be between 700-800 words in length. The purpose of the op-ed is to write a newspaper column on a public policy issue and, using detailed research and creative writing, to argue in favour of one side or the other of that issue. The public policy issue for the op-ed will be chosen by students from a topic list provided by the course instructor and available on the course website. An op-ed instruction sheet and a grading guide are available on the course website. Op-eds are due at the beginning of class no later than 3:30 pm. Once the lecture begins, the op-ed is late. Late op-eds will receive a late penalty of 15%. Late op-eds are then due the following week at the start of class no later than 3:30. After that, the op-ed will not be accepted and will receive a grade of zero. Extensions will

only be granted for documented medical and other emergencies in accordance with university policy (available at https://studentservices.uwo.ca/secure/index.cfm). All op-eds must also be submitted to turnitin.com through the course website as outlined in class.

Fall End of Term Exam

15%

This will be a two hour exam based on <u>all</u> the lectures and readings from the Fall semester. It will include multiple choice and long answer questions. The exam will be held on a date and location to be determined by the Registrar during the December exam period.

Winter Mid-Term Exam

10%

This will be a one hour, multiple choice, in-class exam based on the lectures and readings from 8 January to 5 February.

Research Essay

25%

One research essay is due on 19 March and should be 12-15 typed double-spaced pages in length (longer papers will not be accepted). The purpose of the essay is to identify the ideas and interests involved in the debate over a specific public policy issue and to argue in favour of one side or the other. In doing so, students will: identify the key ideas and arguments on each side of the debate and explain which theoretical approach they connect to (i.e. neoliberal or Keynesianwelfare); identify the specific interest groups that support each side of the debate; and, using detailed research, argue in favour of one side of the debate. The public policy issue for the essay will be chosen by students based on a list outlined by the course instructor and available on the course website. An essay instruction sheet and a grading guide are available on the course website. Bibliographies must have at least 10 sources which conform to the standards outlined in class. Essays are due at the beginning of class no later than 3:30 pm. Once the lecture begins, the paper is late. Late essays will receive a late penalty of 15%. Late essays are then due the following week at the start of class no later than 3:30. After that, the essay will not be accepted and will receive a grade of zero. Extensions will only be granted for documented medical and emergencies university other in accordance with policy (available at https://studentservices.uwo.ca/ secure/index.cfm). All essays must also be submitted to turnitin.com through the course website as outlined in class.

Winter End of Term Exam

15%

This will be a two hour exam based on <u>all</u> the lectures and readings from the Winter semester. It will include multiple choice and long answer questions. The exam will be held on a date and location to be determined by the Registrar during the April exam period.

Lecture Notes and PPT Slides

Lecture notes and PowerPoint slides will <u>NOT</u> be posted. If you miss class, you will need to get the notes from other students.

Academic Offenses and Plagiarism

Scholastic offenses are taken seriously and students are directed to read the university policy at: http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

Appeals

All grade appeals must go through the TAs first. No appeals will be considered more than 3 weeks after the assignment was made available for return.

Turnitin.com

As noted above, op-ed and essay writing assignments must be submitted both in hard copy and electronically to the plagiarism checking website turnitin.com (available through the course website and under license to the University). Please be advised that: All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between the University of Western Ontario and Turnitin.com.

COURSE SCHEDULE

Sept. 11 Introduction

This class will be used to introduce the general subject matter of the course and to outline the course structure, readings and requirements.

Sept. 18 The Science of Election Campaigns

This class examines the strategy, tactics and techniques used in the fighting of modern election campaigns including concepts such as 'political triage', 'political marketing' and the key components of an election strategy including the 'air war' and 'ground war'.

Required Readings:

Thomas Flanagan. 2010 "Campaign Strategy: Triage and the Concentration of Resources" in H. MacIvor (ed.) *Election* (Toronto: Emond Montgomery Publications Ltd., 327 pages, ISBN 978-1-55239-321-5), pp. 155-172.

Susan Delacourt and Alex Marland. 2009. "From Sales to Marketing: The Evolution of the Party Pitch". *Policy Options*. September 2009, pp. 46-51.

No Tutorial

Sept. 25 The Canadian Political System

This class examines the Canadian and US political systems including key institutions such as the executive, the legislature, the judiciary and political parties.

Required Readings:

Donald Savoie. 1999. "The Rise of Court Government in Canada". *Canadian Journal of Political Science*. 32(4): 635-664.

Jonathan Malloy. 2006. "Is There a Democratic Deficit in Canadian Legislatures and Executives?" in J. Grace and B. Sheldrick (eds.), *Canadian Politics: Democracy and Dissent* (Toronto: Pearson/Prentice Hall, 392 pages, ISBN0-13-243372-9), pp. 61-84.

Tutorial: Discussion of Debate Requirements and Organization of Debating Teams

Oct. 2 The Free Market Approach to Economic Policy

This class examines the key assumptions and arguments of the liberal/neoliberal (free market) approach to economic policy.

Required Readings:

Michael Howlett, Alex Netherton and M. Ramesh. *The Political Economy of Canada: An Introduction* (2nd Edition, Oxford: Oxford University Press, 1999, 384 pages, ISBN 0-19-541348-2) Chapter 2, "Liberal Political Economy" pp. 17-35.

Tutorial: Research Skills and Organization of Debating Teams

Oct. 9 Thanksgiving/Fall Reading Week - No Class

Oct. 16 The Interventionist Approach to Economic Policy

This class examines the key assumptions and arguments of the Keynesian-welfare (interventionist) approach to economic policy.

Required Readings:

Richard Lipsey, Christopher Ragan and Paul Courant. *Economics* (9th Canadian Edition, 1997, Addison-Wesley Publishers Ltd, 865 pages, ISBN 0-673-98358-7) Chapter 18, "The Benefits and Costs of Government Intervention" pp. 381-402.

Tutorial: Discussion of Op-Ed Requirements and Debating Teams Planning Meeting

Oct. 23 The Politics of Economic Policy and the Canadian Market Structure

This class examines the politics of economic policy including the relationship between ideas and interests and the political spectrum in Canada and the United States. It also examines the basic structure of the Canadian market including business concentration, foreign ownership, the role of natural resources and Canada's economic regions.

Required Readings:

Brian Lyons. *Canadian Economics: Problems and Policies*. (4th Edition, Prentice Hall Canada, 924 pages, ISBN 0-13-055014-0) Chapter 16 "The Politics of Economics" pp. 343-352.

Graham Taylor. 2009. *The Rise of Canadian Business*. (Don Mills, ON: Oxford University Press, 286 pages, ISBN 978-0-19-542549-9), Chapter 13, "Into the Millennium", pp. 235-255.

Tutorial: Debate #1

Oct. 30 Fall Mid-Term Exam and Video

The first half of this class will be used to complete the mid-term exam. This will be a one hour, multiple choice, in-class exam based on the lectures and readings from 18 September to 23 October. The second half of the class will be used to watch a video.

No Tutorial

Nov. 6 Monetary and Financial Policy

This class reviews basic macroeconomics, monetary policy and international financial policy and applies it to the original period of economic globalization which existed in the late nineteenth century before the First World War.

Required Readings:

James Brander. *Government Policy Towards Business, Third Edition*. (Wiley, 498 pages, ISBN 0-471-64141-3), "Chapter 17 Macroeconomic Policy" pp.433-471.

Adam Harmes. Unseen Power (Stoddart, 2001, 240 pages, ISBN 0773732837) "International

Economics 101: 'The Impossible Trinity'" pp. 50-53.

Tutorial: Debate #2

Nov. 13 Fiscal and Social Policy

This class examines the basics of fiscal and social policy including taxes, deficits and debt as well as key concepts related to government-provided social programs.

Required Readings:

Lydia Miljan. *Public Policy in Canada: An Introduction, Fifth Edition*. (Don Mills, Ontario: Oxford University Press, 2008, 334 pages, ISBN 978-0-19-542682-3). "Chapter 6 Social Policy", pp. 150-176.

Stephen Brooks and Andrew Stritch. *Business and Government in Canada*. (Scarborough, ON: Prentice-Hall Canada Inc., 1991, 482 pages, ISBN 0-13-098427-2), "Chapter 11 Business Regulation", pp. 331-356.

Tutorial: Debate #3

Nov. 20 Fighting Recessions: Comparing the Great Recession and Great Depression

This class examines the causes and political implications of recessions as well as the policy tools governments use to fight them through the specific cases of the recent Great Recession as well as the Great Depression of the 1930s.

Required Readings:

Paul Krugman. "How Did Economists Get It So Wrong?". New York Times Magazine. 6 September 2009.

David Norman Smith et al. 2011. "Mapping the Great Recession: A Reader's Guide to the First Crisis of 21st Century Capitalism". *New Political Science*. 33(4): 577-601.

Tutorial: Debate #4

Nov. 27 The Era of Economic Intervention

This class examines the post-Depression rise of the mixed economy including the New Deal of the 1930s, the 1944 Bretton Woods Agreement and the growth of the welfare state after WWII.

Required Readings:

Maude Barlow and Tony Clarke. *Straight Through the Heart: How the Liberals Abandoned the Just Society* (HarperCollins Publishers Ltd., 1995, 259 pages, ISBN 0-00-255306-6) Chapter 1 "Building the Just Society", pp. 7-40.

Eric Helleiner. *States and the Reemergence of Global Finance* (Cornell University Press, 1994, 255 pages, ISBN 0-8014-8333-6) Chapter 2 "Bretton Woods and the Endorsement of Capital Controls" pp. 25-50.

OP-EDS DUE AT START OF CLASS BY 3:30 - Once the lecture starts, the paper is late
No Tutorial

Dec. 4 The 'Modern' Corporation the Rise of Unions

This class examines the managerial revolution in corporation governance, the Berle-Means model of the modern corporation and the post-WWII structure of business-labour relations.

Required Readings:

David Harvey. *The Condition of Postmodernity* (Blackwell Publishers, 1990, 388 pages, ISBN 0-631-1**6**294-1) Chapter 8 "Fordism" pp. 125-140.

Alfred Chandler. *The Visible Hand: The Managerial Revolution in American Business* (Belknap Press of Harvard University Press, 1977, 608 pages, ISBN 0-674-94051-2) Chapter 14 "The Maturing of Modern Business Enterprise" pp. 455-483.

Tutorial: Debate #5

-----December Break-----

A revised outline with the Winter term readings will be available in January

Jan. 8 The Stagflation Crisis and the Rise of Neoliberalism

This class examines the 1970s stagflation crisis of the welfare state, the collapse of the Bretton Woods regime and the rise of neoliberalism.

Tutorial: Return of Op-Eds

Jan. 15 The Globalization of Finance and the Offshore World

This class examines some of the main components of economic globalization including the globalization of financial markets and the rise of new financial actors as well as the growth of the offshore world.

Tutorial: Discussion of Essay Requirements

Jan. 22 The Debate Over Globalized Finance

This class examines the neoliberal and Keynesian-Welfare approaches to global finance including the Efficient Markets Hypothesis, behavioural finance and the debate over the US housing bubble that led to the Great Recession.

Tutorial: Debate #6

Jan. 29 Free Trade and the Globalization of Production

This class examines free trade, the globalization of production and offshore outsourcing as well as the shift to the more market-oriented structure of corporate governance and business-labour relations.

Tutorial: Debate #7

Feb. 5 The Debate Over Free Trade and Globalization

This class examines various positions in the debate over free trade and globalization including neoliberal, classical liberal, Keynesian-welfare and nationalist.

Tutorial: Debate #8

Feb. 12 Winter Mid-Term Exam and Video

The first half of this class will be used to complete the mid-term exam. This will be a one hour, multiple choice, in-class exam based on the lectures and readings from 8 January to 12 February. The second half of the class will be used to watch a video.

No Tutorial

Feb. 19 Winter Reading Week - No Class

Feb. 26 Anti-Business Activism

This class examines the origins of anti-business activism, the key anti-business groups and their demands, as well as the concept and tactics of brand-based activism.

Tutorial: Debate #9

Mar. 5 The New Campaign Style Lobbying

This class examines how business leaders are responding to anti-business activists through a new form of campaign-style lobbying that incorporates the new political marketing techniques.

Tutorial: Debate #10

Mar. 12 The Corporate Social Responsibility Movement

This class examines how business leaders are responding to anti-business activists through efforts to promote greater corporate social responsibility and voluntary codes of conduct. It also examines the pros and cons of corporate social responsibility initiatives.

Tutorial: Debate #11

Mar. 19 Political Polarization

This class examines the causes and implication of rising partisanship and growing political and economic polarization, particularly in the United States.

ESSAYS DUE AT START OF CLASS BY 3:30 - Once the lecture starts, the paper is late
No Tutorial

Mar. 26 Brexit, Trump and the Rise of Populism

This class examines the history and ideas of economic nationalism and populism and their manifestation in the 2016 Brexit vote (Britain's exit from the European Union) and the election of Donald Trump.

Tutorial: Debate #12

Apl. 2 The Debate Over Jobs and Competitiveness

This class examines the left-right policy debate over the best methods for creating jobs and promoting international competitiveness.

Tutorial: Debate #13

Apl 9 The Economics of Canadian Federalism

This class examines the neoliberal and Keynesian-welfare approaches to federalism as well as the competition between business and social activists in the ongoing debates over Canadian federalism and the constitution.

Tutorial: Discussion of Final Exam

APPENDIX TO UNDERGRADUATE COURSE OUTLINES DEPARTMENT OF POLITICAL SCIENCE

Prerequisite checking - the student's responsibility

"Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites."

Essay course requirements

With the exception of 1000-level courses, most courses in the Department of Political Science are essay courses. Total written assignments (excluding examinations) will be at least 3,000 words in Politics 1020E, at least 5,000 words in a full course numbered 2000 or above, and at least 2,500 words in a half course numbered 2000 or above.

Use of Personal Response Systems ("Clickers")

"Personal Response Systems ("clickers") may be used in some classes. If clickers are to be used in a class, it is the responsibility of the student to ensure that the device is activated and functional. Students must see their instructor if they have any concerns about whether the clicker is malfunctioning.

Students must use only their own clicker. If clicker records are used to compute a portion of the course grade:

- the use of somebody else's clicker in class constitutes a scholastic offence,
- the possession of a clicker belonging to another student will be interpreted as an attempt to commit a scholastic offence."

<u>Security and Confidentiality of Student Work</u> (refer to current *Western Academic Calendar* (http://www.westerncalendar.uwo.ca/)

"Submitting or Returning Student Assignments, Tests and Exams - All student assignments, tests and exams will be handled in a secure and confidential manner. Particularly in this respect, <u>leaving student work</u> unattended in public areas for pickup is not permitted."

Duplication of work

Undergraduate students who submit similar assignments on closely related topics in two different courses must obtain the consent of <u>both</u> instructors prior to the submission of the assignment. If prior approval is not obtained, each instructor reserves the right not to accept the assignment.

Grade adjustments

In order to ensure that comparable standards are applied in political science courses, the Department may require instructors to adjust final marks to conform to Departmental guidelines.

Academic Offences

"Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

http://www.uwo.ca/univsec/pdf/academic policies/appeals/scholastic discipline undergrad.pdf

Submission of Course Requirements

ESSAYS, ASSIGNMENTS, TAKE-HOME EXAMS <u>MUST</u> BE SUBMITTED ACCORDING TO PROCEDURES SPECIFIED BY YOUR INSTRUCTOR (I.E., IN CLASS, DURING OFFICE HOURS, TA'S OFFICE HOURS) OR UNDER THE INSTRUCTOR'S OFFICE DOOR.

THE MAIN OFFICE DOES NOT DATE-STAMP OR ACCEPT ANY OF THE ABOVE.

Attendance Regulations for Examinations

EXAMINATIONS/ATTENDANCE (Sen. Min. Feb.4/49, May 23/58, S.94, S.3538, S.3632, S.04-097) A student is entitled to be examined in courses in which registration is maintained, subject to the following limitations: 1) A student may be debarred from writing the final examination for failure to maintain satisfactory academic standing throughout the year. 2) Any student who, in the opinion of the instructor, is absent too frequently from class or laboratory periods in any course will be reported to the Dean of the Faculty offering the course (after due warning has been given). On the recommendation of the Department concerned, and with the permission of the Dean of that Faculty, the student will be debarred from taking the regular examination in the course. The Dean of the Faculty offering the course will communicate that decision to the Dean of the Faculty of registration.

Medical Policy, Late Assignments, etc.

Students registered in Social Science should refer to

http://counselling.ssc.uwo.ca/procedures/having problems/index.html
for information on Medical Policy,
Term Tests, Final Examinations, Late Assignments, Short Absences, Extended Absences, Documentation and
other Academic Concerns. Non-Social Science students should refer to their home faculty's academic counselling office.

University Policy on Cheating and Academic Misconduct

<u>Plagiarism</u>: Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence." (see Scholastic Offence Policy in the Western Academic Calendar).

<u>Plagiarism Checking:</u> "All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (http://www.turnitin.com)."

<u>Multiple-choice tests/exams</u>: "Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating."

Note: Information excerpted and quoted above are Senate regulations from the Handbook of Scholarship and Academic Policy. http://www.uwo.ca/univsec/academic policies/index.html

PLAGIARISM*

In writing scholarly papers, you must keep firmly in mind the need to avoid plagiarism. Plagiarism is the unacknowledged borrowing of another writer's words or ideas. Different forms of writing require different types of acknowledgement. The following rules pertain to the acknowledgements necessary in academic papers.

A. In using another writer's words, you must both place the words in quotation marks and acknowledge that the words are those of another writer.

You are plagiarizing if you use a sequence of words, a sentence or a paragraph taken from other writers without acknowledging them to be theirs. Acknowledgement is indicated either by (1) mentioning the author and work from which the words are borrowed in the text of your paper; or by (2) placing a footnote number at the end of the quotation in your text, and including a correspondingly numbered footnote at the bottom of the page (or in a separate reference section at the end of your essay). This footnote should indicate author, title of the work, place and date of publication, and page number.

Method (2) given above is usually preferable for academic essays because it provides the reader with more information about your sources and leaves your text uncluttered with parenthetical and tangential references. In either case words taken from another author must be enclosed in quotation marks or set off from your text by single spacing and indentation in such a way that they cannot be mistaken for your own words. Note that you cannot avoid indicating quotation simply by changing a word or phrase in a sentence or paragraph which is not your own.

B. In adopting other writers' ideas, you must acknowledge that they are theirs.

You are plagiarizing if you adopt, summarize, or paraphrase other writers' trains of argument, ideas or sequences of ideas without acknowledging their authorship according to the method of acknowledgement given in 'A' above. Since the words are your own, they need not be enclosed in quotation marks. Be certain, however, that the words you use are entirely your own; where you must use words or phrases from your source, these should be enclosed in quotation marks, as in 'A' above.

Clearly, it is possible for you to formulate arguments or ideas independently of another writer who has expounded the same ideas, and whom you have not read. Where you got your ideas is the important consideration here. Do not be afraid to present an argument or idea without acknowledgement to another writer, if you have arrived at it entirely independently. Acknowledge it if you have derived it from a source outside your own thinking on the subject.

In short, use of acknowledgements and, when necessary, quotation marks is necessary to distinguish clearly between what is yours and what is not. Since the rules have been explained to you, if you fail to make this distinction your instructor very likely will do so for you, and they will be forced to regard your omission as intentional literary theft. Plagiarism is a serious offence which may result in a student's receiving an 'F' in a course or, in extreme cases in their suspension from the University.

*Reprinted by permission of the Department of History
Adopted by the council of the Faculty of Social Science, October, 1970; approved by the Dept. of History
August 13, 1991

Accessibility at Western: Please contact poliscie@uwo.ca if you require any information in plain text format, or if any other accommodation can make the course material and/or physical space accessible to you.

SUPPORT SERVICES

The Registrar's office can be accessed for Student Support Services at http://www.registrar.uwo.ca

Student Support Services (including the services provided by the USC listed here) can be reached at: http://westernusc.ca/services/

Student Development Services can be reached at: http://www.sdc.uwo.ca/

Students who are in emotional/mental distress should refer to Mental Health@Western http://www.uwo.ca/uwocom/mentalhealth/ for a complete list of options about how to obtain help.