be bold.
be brave.
be you.
The mural depicted across these two pages stands proudly in the heart of our campus. It represents the coming together of students, faculty, staff, alumnae and friends to create a collective sense of belonging through collaboration. Within this mural, everyone’s contributions mattered. The same is true for our community - everyone here is honoured for their individual gifts and shared sense that the women of Brescia can make the world a better place.
Brescia is made up of sacred spaces where women are encouraged to see their value and equipped to take it out into the world. Our dedication to service is deeply rooted in our rich Ursuline history yet we deliver through a modern woman’s education – one that mobilizes each individual’s potential, while supporting our collective way forward. Our university is one where curiosity, vulnerability and authenticity are not only appreciated, but fostered. The result is an environment that readily prepares leaders with a diverse array of experiences to step up, lean in and build a better world.
HISTORY WITHIN A MODERN WOMEN’S UNIVERSITY

Brescia University College

4202 VIEWBOOK

Brescia is a place where personal & professional development align with passion & purpose.

Our University takes a holistic approach to education. We don’t just expect our students to get good grades. We want them to have every opportunity to discover their passions and build an unshakeable sense of self. We equip them to lead with wisdom, justice and compassion in a changing world.

Before women had even gained personhood in Canada, the Ursuline Sisters created a place where students could access the quality of education that had been denied to them yet was freely given to their male counterparts for centuries.

The courage of Brescia’s founding trailblazers still burns bright within our halls and our curricula. Our dedication to living by their exemplary model means you will develop a moral compass that guides you through complexity and ensures you never lose sight of what you value most.

The Brescia Competencies

Our dedication to raising up women who live by our core competencies is ingrained in Brescia’s 100-year history. These deep-seated values will underpin everything you learn and all you will achieve.

- Communication
- Critical thinking
- Inquiry & analysis
- Self awareness & development
- Social awareness & engagement
- Problem solving
- Decision-making

Where else will you take a course with the President of your University?

Brescia Bold is a signature course unlike any other. Taught by our very own Brescia President, Dr. Lauretta Frederking, you will engage in thoughtful discussions and interdisciplinary work to uncover who you are & who you want to become.

The Brescia Competencies in action

- Small class sizes where students are challenged and supported to engage with their classmates and professors in real-time
- Participation-based learning that pushes you to think on your feet and respond with eloquence and clarity
- An intensive level of personalization, which includes academic, cultural and wellness support
- Meeting all women where they are, so you feel seen, valued and heard
- Mitigating the competitiveness of attaining meaningful opportunities for experiential learning and leadership

My classmates and I were challenged to reach our full potential. Here, we met the most intelligent and compassionate women who became our teachers, mentors and friends. We are prepared to face any challenge head on. Brescia’s graduates will become the next doctors, lawyers and business leaders who will strive to make a more equitable world and inspire generations of women who follow in their footsteps.

Mikayla Castagna ’22
Major in Criminal Justice & Minor in French Studies
Baccalaureate Class Speaker
JD Candidate, Osgoode Hall Law School ’24
Pride Committee Member
A WOMEN’S UNIVERSITY?

BECAUSE YOU DESERVE A SEAT AT THE WORLD’S DECISION-MAKING TABLES AND WE ARE GOING TO ENSURE YOU GET ONE

If you choose wisely, a university education can be a life-changing investment in your promise — as a person and professional. Before choosing where to apply, ask yourself what type of education you hope to receive and what type of environment you believe can deliver on that vision.

WOMEN’S UNIVERSITY EDUCATIONS PROVE THEIR VALUE OVER A LIFETIME

- Higher satisfaction rates in the overall quality of their education and university experience
- Better prepared for future career change and advancement
- Higher levels of self-confidence

WOMEN’S UNIVERSITIES CREATE ENVIRONMENTS THAT ENCOURAGE YOU TO BE AT YOUR BEST

Some people don’t understand the why behind women’s universities. While we think it’s pretty clear the world desperately needs more safe spaces specifically designed to uplift women, we certainly won’t shy away from the opportunity to strut our stats. Here are just a few facts that demonstrate why the world’s most formidable female leaders (think Hillary Clinton, Gloria Steinem and Madeleine Albright) chose to learn and lead within institutions like Brescia.

- Women’s University graduates have accumulated a variety of “firsts,” including the first woman to receive the Nobel Peace Prize, the first woman to serve in a presidential cabinet and the first woman to serve as the general of the U.S. Army.
- Researchers have found students who attend women’s universities are more likely than their coeducational counterparts to graduate, to have high expectations of themselves and to be successful in their adult lives.

Women’s University graduates

More likely to volunteer
81%
81%
74%
51%
56%
69%
90%

More likely to complete a graduate degree
Feel better equipped for life after school
Believe the financial investment in their education was worthwhile and the intellectual and personal capacities they earned remain extremely important

More likely to be involved in academic clubs and extracurricular activities

The question is not, “Why a women’s university?” But, how soon can you begin pursuing your “why” within an institution designed to help women fulfill their immense potential.

WELCOME TO CANADA’S ONLY UNIVERSITY WHOSE PURPOSE IS TO ENSURE WOMEN ARE SEEN, VALUED & HEARD. WE LOOK FORWARD TO EMPOWERING YOU TO VOICE YOUR OPINIONS, SHARE YOUR GIFTS & CHANGE THE WORLD.
Brescia’s affiliation with Western University means you will have access to countless courses across four campuses. You will meet students from around the world, and take part in every facet of a traditional, large-scale university. But, at the end of the day, when you want to hit the refresh button, you will return to Brescia’s highly-supportive academic experiences, luxury accommodations, delicious food and wraparound supports.

**BEING PART OF THE BROADER WESTERN COMMUNITY MEANS WORLD-CLASS AMENITIES & ENDLESS OPPORTUNITIES:**

- Ranked among the top 1% of higher education institutions in the world
- Internationally renowned varsity athletics program
- Involvement in 200+ clubs
- 24/7 access to the third largest research institution & library in Canada
- Participation in Canada’s largest Orientation Week
- Globally recognized Western degree with the personal, academic & professional benefits of Brescia’s distinguished community

Brescia is the perfect place to find your voice & yourself.

**AVERAGE STUDENT-BODY**

1,500 **& 40,000**

**BRESCEA** **& WESTERN**

**AVERAGE CLASS SIZE**

25 **VS 250**

**BRESCEA** **& MANY CANADIAN INSTITUTIONS**

**STUDENT TO FACULTY RATIO**

11 to 1

**BRESCEA**

Your Western OneCard gives you access to all the fitness, food & benefits of our Western community.

At Brescia, you actually get everything: the small, engaging classes, so much individualized attention, intellectually stimulating conversations and life-enriching relationships. You walk around at Brescia and everyone smiles and greets you by name. Then, you walk right across the street to engage with the broader university community and take advantage of everything a huge institution, like Western, has to offer.

**CLARA SEBBEN’S Brescia journey**

**FORMATIVE EXPERIENCES, SELF-DISCOVERY & LIFELONG RELATIONSHIPS**

A luxury residence suite all to herself, the ability to get to know her classmates and professors on a personal level and the close proximity to Western are just a few reasons Clara Sebben decided to attend Brescia. When choosing where she would pursue her degree, Clara’s top priority was a place that would support her well-being and academic success. Brescia’s commitment to student development empowered Clara to find her passion and nurture her personal and academic talents.

Clara was not only accepted into Western’s prestigious Law School, but she was also granted special permission to defer her acceptance, so she could complete her Master’s of English Literature. Not to mention, she received the Ontario Graduate Scholarship, the Dean of Law Scholarship AND Brescia’s Gold Medal for outstanding academic achievement.

**HOW DID BRESCEA’S DISTINCT ENVIRONMENT SHAPE CLARA’S EXPERIENCES?**

- She had the same professors from first through fourth year, which meant they developed close relationships that resulted in incredible Grad School reference letters
- Alongside her professors, Clara published academic research
- She acted as a research assistant for her professor, Dr. Heather Kirk, and conducted investigations alongside her best friend (whom she met at Brescia)
- Our Writing Centre Coordinator, Maggie, helped Clara with her graduate school and scholarship applications, going through them “word by word for hours at a time”
- Having her own queen-sized suite meant she had a place to “recharge” after long study days and busy extracurriculars
- She loved getting to participate in Brescia’s Baccalaureate, which is in addition to convocation at Western: “The double experience is so uniquely Brescia.”

The result? The average student-body is 1,500 & 40,000 while the average class size is 25 vs 250 at Brescia.

**YOUR WESTERN ONECARD GIVES YOU ACCESS TO ALL THE FITNESS, FOOD & BENEFITS OF OUR WESTERN COMMUNITY**

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**THE BEST OF BOTH WORLDS: THE BRESCEA/WESTERN ADVANTAGE**

Brescia’s next generation of bold leaders and nurture your individual potential within a safe, close-knit community while taking advantage of the excitement & experiences offered at one of Canada’s largest universities.

**BRESCEA IS THE PERFECT PLACE TO FIND YOUR VOICE & YOURSELF**

**THE Result?**

**CLARA SEBBEN’S Brescia journey**

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We believe who you are as a leader is as important as the things you do. Whether you show up at Brescia as a reserved student who isn’t quite sure where you are headed or arrive ready to blaze a bright trail, we are here to co-develop your pathway to leadership in ways that align with your unique interests and goals.

Addressing the slow progress of women’s advancement in leadership

Right now, there is a widespread belief that women have come leaps and bounds in terms of their progress towards equal access. Unfortunately, only 10% of the world’s top earners and key decision makers identify as female, so we still have a long way to go.

At Brescia, we are extraordinarily committed to creating a more just and equitable world. That’s why, our people, programs and services are designed to address the exclusion of women from roles of influence.

What does leader development look like at Brescia?

- Experiential learning from international exchanges to internships and volunteerism: our students cultivate their character while creating stand-out resumes
- Mentorship opportunities with successful alumnae, industry leaders and world-renowned educators
- Research experiences that are completely unique within the undergraduate landscape
- Community-centred learning that connects the knowledge you gain in the classroom to the world you aim to change
- Championing Ursuline values in all we do and all we teach, so our students know how to balance academic accomplishment with ethical conduct

How will we achieve our equitable leadership landscape?

- Actively engage in advocacy to dismantle mechanisms of oppression
- Run key activities that develop students’ character, competencies and courage
- Develop and offer programs, training and events that inform, inspire and ignite growth
- Produce community-based research to inform policy reform
- Deliver microcredentials, Diplomas and Certificates to promote diversity in leadership

Whether you want to build bridges or break down barriers, Brescia will help you become the type of leader you want to be – and the world needs.

Women who know how to take charge & take care

A snapshot of the world’s leadership landscape

Pay gaps remain considerable, even when controlling for employment characteristics and professional network size

It will take until 2074 before the number of Fortune 500 board seats held by minorities reaches the ABD’s aspirational 40% board representation rate*

No companies in the Fortune 500 are representative of the demographics of North America

Canada underperforms in women’s economic participation and opportunity for political empowerment

Just 4% of Canada’s largest publicly traded companies have a woman CEO

Only 30% of the people elected to Canada’s House of Commons are women

The world needs more women leaders: a statement based on facts, not feelings

- 67% of women reported they learned the most important lessons about leadership from other women
- 82% of professional working women believe networking with women leaders will help them advance in their career
- 86% of women report that when they see more women in leadership, they feel encouraged they can get there themselves
- 91% of working women indicated it is important to them to be a positive role model for younger colleagues in the workplace
- 74% of individuals believe their organization is more innovative when it has a culture of inclusion
- Ranked women better than or equal to men in seven of the eight primary leadership traits, including communication, effectiveness and compassion**

*According to the 6th Missing Pieces Report: A Board Diversity Census of Women and Minorities on Fortune 500 Boards, published by the Alliance for Board Diversity (ABD)

**Pew Research Center Social and Demographic Trends survey
Behind EVERY GREAT WOMAN IS A BRESCIA UNIVERSITY EDUCATION

SCHOOL COMES EASILY TO SOME PEOPLE. FOR OTHERS, THEY HAVEN’T FOUND THEIR ACADEMIC STRIDE QUITE YET. At Brescia, we work with students to meet them where they are and give them where they want to be. Rather than allowing students to slip through the cracks, we pro-actively identify their needs and help them to execute action plans that take into consideration their unique cultural, academic, psychological and social needs.

OUR ACADEMIC ADVISORS WORK CLOSELY WITH STUDENTS TO TURN ANXIETIES INTO ANSWERS AND DOUBT INTO SELF-CONFIDENCE.

YOUR PERSONAL ACADEMIC ADVISOR:
- Is a subject-matter expert who knows exactly which courses you need to take to earn the degree you want
- Works with you within and beyond the classroom, to make the very best out of your time here
- Creates roadmaps that reflect your changing directions, so you never feel stuck in a program or career that doesn’t excite you
- Collaborates with Faculty to deliver on the best and most inclusive academic journeys for our students
- Supports your transitions into Graduate Programs and the working world
- Connects you with prestigious alumnae who can provide insider insight into a wide variety of careers

HOW DID CAROLINE D’SOUZA BENEFIT FROM BRESCIA’S EMPHASIS ON DELIVERING MEANINGFUL LIFE EXPERIENCES?

- Extended her in-class learning through Brescia’s Community Development and Nonprofit Management courses, while working with the Regional HIV/AIDS Connection, London Food Bank & My Sister’s Place
- Learned from the countless guest speakers who came into her classes to share about their career journeys and industry best practices
- Had eye-opening experiences while volunteering at St. Joseph’s Hospitality Centre
- Became a Youth Board Member at the Cross Cultural Learner Centre (CCLC)
- “Constantly” visited the Academic Advising office to ensure her program choices aligned with her professional goals
- Took advantage of Brescia’s affiliation with Western & participated in the Mustang Marching Band, Dragon Boat, novice rowing, the Red Cross Club and Free The Children

HOW Did CAROLINE D’SOUZA BENEFIT FROM BRESCIA’S EMPHASIS ON DELIVERING MEANINGFUL LIFE EXPERIENCES?

- Developed her personal Career Map, which will define your ambitions and map out exactly how to get there
- Get connected with key contacts, funding opportunities & pathway research
- Be prepared for job interviews with coaching and professionalism best practices
- Receive help with the development of cover letters and resumes

LIFE AFTER BRESCIA

- This program uses design thinking and career fundamentals to help graduating students build the knowledge, skills and strategies needed to navigate life after graduation
- The Beyond Brescia Showcase brings together partners from graduate schools, professional programs and employers for a three-day event on Brescia’s campus
**FIGHT FOR SEATS AT THE TABLE WHEN WE CAN BUILD OUR OWN?**

**LES THAN 5% OF THE WORLD’S CEOS ARE WOMEN. AT BRESCLA, WE ARE CHANGING THAT STATISTIC WITH WOMEN WHO WILL CHANGE THE (BUSINESS) WORLD**

Women are highly capable. They graduate from university at a significantly higher rates than their male colleagues. Yet, the top of the corporate ladder remains elusive to even the world’s most determined women.

**WE ARE HELPING WOMEN CLIMB — AND CONQUER — THAT LADDER WITH:**

- Hands-on work and leadership experiences
- Powerhouse networks with world-leading alumnae
- Programs that reflect the world’s ever-changing corporate landscape
- Continuously evolving students’ knowledge and skills through workshops, microcredentials and leadership training

**BRESCLA’S MANAGEMENT & ORGANIZATIONAL STUDIES PROGRAMS TEACH YOU HOW TO BALANCE HUMAN INTEREST & CAPITAL INVESTMENT**

Our Management Programs look beyond numbers to better understand how companies can serve people, while generating sustainable profits. By prioritizing character development, we graduate students who know how to negotiate, make difficult decisions, mitigate risk and maximize reward. The result is women who lead organizations towards superior performance without ever compromising their values or themselves.

**OUR PROFESSORS ARE NOT ONLY SUPERIOR ACADEMICS, THEY ARE CAPABLE INDUSTRY LEADERS**

Prior to teaching at Brescla, Professor Colleen Sharen worked as the Marketing Director at Kraft and General Mills. She earned her MBA from Ivey and spent years honing her skills as a consumer-package goods marketer. Now, she applies her relevant work experiences towards preparing the next generation of business leaders.

**The Brescia competencies are crucial to our ability to excel within the working world. We focus on our students’ ability to solve problems and make decisions. We also encourage them to lead with grace, compassion and the ability to see everyone’s value and uplift all voices. Brescia graduates are exactly the types of business leaders our world is in desperate need of.**

**COMBINE YOUR IVEY HBA AND BSC HONOURS SPECIALIZATION IN NUTRITION AND DIETETICS**

This combined program will position Brescia students to pursue highly desirable careers in the food and beverage industry, including brand management and product development roles. In Years 1 and 2, students are registered in Foods and Nutritional Sciences and take courses exclusively at Brescia. In Year 3, students are registered in the HBA Program and take courses at Ivey. In Years 4 and 5, students finish their required courses at both campuses.

**SERENA — ONE OF THE MANY TALENTED WOMEN WHO PUT HER BRESCLA BUSINESS FOUNDATION TO WORK**

Serena Kung came to Brescia because she appreciated its special position within the broader Western community. She was impressed by our beautiful campus and was called to our University’s internationally-recognized School of Foods and Nutrition. Her seamless transition into Brescia included making lifelong connections, thoroughly enjoying her interactive courses and taking part in the wide range of initiatives that tend to be oversaturated at larger institutions.

**“What I love about Brescia is you can really find your footing and feel like you are part of something. Thanks to all the opportunities available there, it kicksstarts your journey in any direction you choose to go. When I applied to Ivey, I used my Brescia experiences to show how much of an impact I was making. It’s not nearly as easy to demonstrate that level of initiative at other universities.”**

**COMMERCIAL MANAGER, BIOSTEEL HONOURS BUSINESS ADMINISTRATION (HBA), IVEY**

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**Colleen Sharen**

**ASSOCIATE PROFESSOR**

**MANAGEMENT & ORGANIZATIONAL STUDIES**

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**ALTERNATIVELY, YOU CAN STUDY ANY SUBJECT AT BRESCLA FOR YOUR FIRST TWO YEARS AND THEN TRANSITION INTO IVEY TO EARN your HBA**
AT BRESCIA, WE RECOGNIZE EVERY STUDENT IS UNIQUE. THAT’S WHY WE OFFER SO MANY WAYS FOR YOU TO DESIGN YOUR DEGREE, YOUR WAY.

PRELIMINARY YEAR PROGRAM

This unique experience is a co-educational pre-university qualifying year program that provides students with the opportunity to complete first-year university admission requirements. Students are enrolled in five academic subjects and a non-credit workshop on success in the university environment. Throughout the program students are supported in developing strong study skills and transitioning to the post-secondary destination of their choice. This is a wonderful opportunity for students from around the world.

ENGLISH

Brescia’s English program offers you a comprehensive grounding in literary studies and balances a traditional English curriculum with study of the broader ways literature reflects and influences daily life. This dynamic and engaging program is an excellent choice for students who want a flexible range of career options which depend on advanced communication skills.

THE MODULE SYSTEM

Modules are a group of courses in one subject area. You must complete at least one module to graduate. Western has four types of modules:

- Honours Specialization: 9.0 or more credits
- Specialization: 9.0 or more credits
- Major: 6.0-7.0 credits
- Minor: 4.0-5.0 credits

There are many ways to combine modules and often students graduate with more than one. In addition to modules, some programs offer undergraduate certificates which usually consist of 3.0 credits.

FAMILY STUDIES & HUMAN DEVELOPMENT

Through this program you will acquire the background knowledge and experiences to become a professional in one of the many careers that positively affects the well-being of Canadian families. Brescia’s approach to Family Studies & Human Development is interdisciplinary, drawing upon psychology, sociology, anthropology, economics, and other related fields.

FOODS & NUTRITION

Students in this program will study a wide range of concepts surrounding nutrition, while diving into the impact the food industry has on our global world. Analyze societal determinants of health, research the chemical composition of food, or explore how cultures can influence food habits. Brescia offers a range of modules for students interested in becoming a Registered Dietitian and learning about different aspects of Foods & Nutrition including community and population nutrition, food service management, food science, food processing or food safety and regulation.

FRENCH

When you choose to study French at Brescia, you will gain a competitive advantage for career fields positively affecting Canadian French culture in a globalized world. Learn French communication for work and business, practice pronunciation, or gain a deeper understanding of French, Indigenous and Quebecois culture. Students graduating with the French for Teaching Major can apply for guaranteed admission to the Faculty of Education.

HEALTH SCIENCES

Health Sciences students study dimensions of the health and wellness of individuals and populations. Your experiences in the program will help you develop an appreciation for the world’s emerging health issues. As a Brescia student, you will take your Health Sciences courses at Western. This innovative interdisciplinary program can lead students in many different career directions within the broad field of health.
**History**

History provides insights into the human experience. In Brescia’s History program, students study the changing nature of societies by analyzing the perspectives and activities of various groups and individuals across time and place. Explore women’s influence on history, discover environmental impacts on a worldly scale or understand Canada’s political, economic and social history in Brescia’s courses.

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**Kinesiology**

Brescia offers spaces to Western’s Kinesiology program through a Bachelor of Arts degree. Through this program you will take a multidisciplinary approach to examining movement and rehabilitation, fitness and exercise, sport management and the cultural impact of sport. Explore the effects of exercise on the aging process, learn about the impact of physical activity on lifestyle or discover how sport and recreation impact the global community. You’ll take your Kinesiology courses at Western and your electives at Brescia.

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**Leadership Studies**

This innovative program prepares students to be successful persons of influence in whatever career they choose. Leadership Studies is built on three intersecting aspects: knowledge of leadership research and theory (knowing); leadership skill development (doing) and the application of both knowledge and skills in nonprofit, business and government settings (being).

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**Management & Organizational Studies**

Students acquire the foundations of management in all of Brescia’s Management & Organizational Studies (MOS) programs and can specialize in an area of interest in upper year courses. Students in the Accounting program can acquire all required prerequisite courses for entry into CPA Ontario’s Professional Education Program.

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<td>Nonprofit Management</td>
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**Philosophy**

Philosophy at Brescia provides you with an opportunity to think deeply. As a philosophy student, you will enhance your ability to articulate and reflect on fundamental issues, such as happiness, justice and the meaning of life, while finding the root cause of societal challenges. The skills you learn in Philosophy will prepare you for a variety of rewarding careers after graduation.

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**Political Science**

When you choose to study Political Science at Brescia, you will build a strong foundation of political theories, behaviours and criticisms to leverage while becoming a trailblazer for social change. Uncover the relationship between women and politics, assess examples of leadership in crises or study the structures of governments around the world.

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**Psychology**

When you choose to study Psychology at Brescia, you will explore the complexity of our mind and behaviours from a variety of perspectives. Applications of psychology are everywhere in education, business, mental health treatment, sport performance enhancement, and public health campaigns. As an Honours Specialization student you can complete a fourth-year thesis and work with a faculty mentor on your own research project.

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**Religious Studies**

Students in Religious Studies will be given a safe and empowering space to explore spiritualities from around the world, while gaining a strong foundation in cultural competency and a better understanding of their own values and beliefs. Discover religion from a variety of disciplinary perspectives, explore current religious quests or research how cultures have influenced religions around the world.

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**Sociology**

Sociology is for those who are fascinated by the social world and how it operates. Brescia’s Sociology program offers you the advantage of tailoring your studies to what interests you the most about society. You will learn to critically evaluate relevant social issues in classes where debate and open discussion are encouraged. Discover how social inequalities influence policies, analyze the relationship between advertising and popular culture or learn about crime and deviance.

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* New Program. Prospective students are advised that offers of admission to a new program may be made only after the university’s own quality assurance processes have been completed and the Ontario Universities Council on Quality Assurance has approved the program.

** The program name change from Consumer Behavior to Marketing is pending University Senate approval.
I have worked on several campuses and what makes Brescia completely unique is that our culture is one of kindness. While the education we deliver is prestigious, there is no sense of the competitiveness you find at other institutions. Our students are always opening doors for one another and warmly greeting each other. By prioritizing personal connections and student self-esteem, our Writing Centre reflects that kindness.

Writing Centre Tutors help with brainstorming, revising drafts and oral presentations. Dr. Kubow is also able to assist you with graduate school and scholarship applications. The Writing Centre engages students in friendly conversations that shape not just one particular assignment, but their whole approach to written and spoken communication.

Replacing high school standards with a new set of expectations can feel overwhelming. But at Brescia, you never have to do it alone. Dr. Magdalena Kubow leads Brescia’s Writing Centre where students are supported by a team of Peer Writing Tutors. This team is able to fully serve students in French and English, which is important for our ability to deliver on a world-class French Studies program.
Leadership Studies at Brescia is built on three intersecting aspects: the knowledge of leadership research and theory (knowing); leadership skill development (doing) and the application of both knowledge and skills in community settings (being). Knowing, doing, and being a leader at Brescia takes you well beyond the classroom. You will participate in integrated experiential learning opportunities throughout the program.

In your final year, you will actively engage with local organizations to make a bold impact during the Leadership Practicum. For selected students, like Nya Elijah, there is a paid Francolini Leadership Experience to work for an organization on a project of strategic importance.

"When women are leaders, they tend to get the title of being 'bossy'. So, I guess I don't mind being bossy."

Raised by strong-minded women, Nya knew her ability to lead others would define her journey – whatever that would be. When she came to Brescia’s Open House, she saw the vast difference between our campus and other institutions: “The people here genuinely care about each individual student,” Nya shares. “You are not just a number. You have a name and a story people care about, so you are given opportunities you will not find anywhere else.”

Brescia’s Leadership Program called her to become part of the Class of 2023. Nya immediately recognized the possibilities inherent in our distinct approach to leader development. Her Brescia experiences have been “a big eye opener” as she has formed deep connections with women who are all on different life paths yet encourage one another’s achievements.

Nya has delighted in working alongside the Indigenous Students’ Association to extend Brescia’s sense of belonging to students who want to connect deeply with their culture. She also enhances practices of inclusivity and indigeneity at RBC as part of the Francolini Leadership Experience.

Looking towards her bright future, Nya hopes to run for Chief to navigate the complexities of reconciliation and bring people together so they may flourish.

Women and leadership are in Brescia’s DNA. We have a great appreciation of women’s capabilities, and we recognize the barriers we face are unique, so too should be our personal and professional development experiences. At Brescia, we will help you become your best self, so collectively, we can create a more just and equitable world.

Our Vision: A World Where All Individuals Have a Voice and Contribute to Leadership in Their Communities

In 2022, Brescia launched a $750,000 campaign to establish a Centre for Leadership where our students can exercise their agency and bridge the gaps between gender equity and representation in the world’s key decision-making roles. Through this Centre, we are working towards an immediate future where women contribute to and are supported by inclusive organizations.

Together, we will build on our Ursuline roots to develop authentic changemakers who practice sustainable responsible forms of leadership.
FLowers, FRENCH, FASHION OR FINANCE
WITH YOUR BREScia DEGREE, YOU WiLL FLOURiSH WiTHIN WHiCHEVER FiELD YOU CHOOSE.

FIND YOUR REASONS TO BLOOM AT BREScia
Melissa Vandermeer admits her career path has been non-traditional. She started school when she was 24, so many of her classmates were younger than her. After graduation, she explored careers in a variety of fields. She worked as the Coordinator of Food & Regulatory Affairs at The Original Cakerie and ran a thriving party planning business. Regardless of where she has worked, Melissa has always applied both the technical and transferrable skills she learned at Brescia and defined what her vision of success.

Eventually, she decided to turn her love of doing nice things for people into a full-time job. Inspired by the joy-bringing capacity of flowers, she created Fleurs Fraiche, a luxe floral brand that includes an online shop and two flagship stores in London and Port Stanley.

“Instead of being influenced by what society tells you to do, reflect on what is within your soul. Learn how to provide beautiful experiences for other people and then monetize them. Brescia fosters the kind of goodness that can really change the world and provides skills that transcend every industry. You learn the importance of integrity, professionalism and accountability. Years later, you will still be applying those skills as you create a life and career you can be proud of.”

Melissa Vandermeer ‘04
HONOURS SPECIALIZATION, FOOD & NUTRITIONAL SCIENCES
OWNER OF FLEURS FRAICHE

Bilingual employees earn up to 20% more

Brescia offers a fully-immersive French program that benefits both native speakers & beginners

The best way to learn a language is to speak it. Do you think you will have more opportunity to converse in French in a classroom of 300 or 30? At Brescia, you are constantly in conversation with your peers and professors, which means you learn to speak the language in ways that reflect its beautiful nuances.

When you graduate with a French Studies degree, you will be able to live and work in French-speaking nations around the world.

Here are some of the careers our French-speaking alumnae are thriving in:

• Education & Academia
• Law
• Government (members of the Federal Government must be able to communicate in both French and English)
• Health Care
• Business & Marketing

Want to share your love of languages with the next generation? Brescia’s partnerships guarantee your spot at Teachers’ College:

• Guaranteed admission to the B.Ed. programs for French and Family Studies at Western University
• Guaranteed admission to B.Ed. programs for French at York University

“Learning a different language teaches you flexibility, curiosity and connection. You not only learn to have more compassion for people facing linguistic and cultural barriers, but you gain an international worldview that helps contextualize all you learn.”

Dr. Heather Kirk ‘06
HONOURS SPECIALIZATION, FRENCH LANGUAGE & LITERATURE
ASSISTANT PROFESSOR, FRENCH STUDIES
Brescia’s FEARLESS GRADUATES MAKE IT WITHOUT EVER HAVING TO FAKE IT

DON’T TRY TO FIT INTO THE TYPICAL MOULD, COMPLETELY REDESIGN IT

By applying everything she did at Brescia, Holly Clemas curated an attention-getting portfolio that secured her spot within Canada’s leading university fashion program.

Even before coming to Brescia, Holly was fully aware of what business classes could hold at a co-ed school. She had no desire to get talked over or intimated while trying to focus on bettering herself and her grades.

“At Brescia, the spotlight is always on, so you need to show up prepared to contribute,” Holly shares. “But, it’s not a competition. The University is all about women supporting women – regardless of what stream of study you are in. You are surrounded by these brilliant, passionate people, so it makes you want to be better.”

Leadership is modeled by every person and within every program at Brescia. You see this really diverse representation of what that word means. I like to think I don’t fit in the mould of a typical businessperson. I have a personality that wouldn’t necessarily get captured on paper. Who I am wasn’t just allowed for at Brescia – it was encouraged.

Holly Clemas ’22
BMOS, DOUBLE MAJOR IN MARKETING & LEADERSHIP STUDIES
MASTER OF ARTS IN FASHION
TORONTO METROPOLITAN UNIVERSITY

LINKEDIN IDENTIFIES THE FOLLOWING SKILLS AS THE MOST IN DEMAND

COMMUNICATION
PROBLEM SOLVING
INITIATIVE
COLLABORATION
CRITICAL THINKING
EMPATHY

Develop these key skills within classrooms that prioritize active learning and where your colleagues know you well enough to challenge you to be at your best.

AT QUESTRADE FINANCIAL, RACHEL BAI BEGAN AS PART OF A 400-PERSON TEAM. AFTER FIVE YEARS, THE COMPANY BOASTS MORE THAN 2,000 EMPLOYEES – SEVERAL OF WHOM RACHEL HAS MANAGED.

Rachel arrived at Brescia from Shenyang, China and immediately recognized how different our University is from other institutions. She loved always getting the chance to contribute in class and on campus. As the Diversity and Inclusion Commissioner, she helped other international students recognize the value in changing their nerves to excitement while exploring a community that welcomes ALL people.

Brescia prepared me extremely well to succeed in business. The participatory climate of our school taught me the importance of getting to know people and raising my hand when opportunities present themselves. The business world is constantly changing, so above all else, it’s important to develop transferrable skills and discover the beauty in curiosity, which you will absolutely do at Brescia.

Rachel Bai ’17
BMOS, DOUBLE MAJOR IN MARKETING & POLITICAL SCIENCE
PRODUCT MANAGER, SELF-DIRECTED INVESTING
QUESTRADE FINANCIAL GROUP
With STETHOSCOPES, MICROSCOPES, RECIPES & RESEARCH
BRESCIA PROTECTS AND PROMOTES VULNERABLE POPULATIONS

ADDRESS FOOD INSTABILITY WITH THE NEW DUAL DEGREE IN FOODS & NUTRITION AND CHEMICAL ENGINEERING

The increasing pressure on resources impacts global food distribution, population health and climate change. Through a partnership with Western’s Department of Chemical and Biochemical Engineering, graduates from Brescia’s new dual-degree program will be equipped to address food instability with practices that prioritize environmental wellness.

YOUR CURiosity CAN CHANGe HOW THE WORLD CARES FOR WOMEN & THEIR FAMILIES

Professor Jasna Twynstra has dedicated the past six years to creating knowledge around health care providers’ understanding of nutrition. With a primary focus on midwives and prenatal support, she contributes to internationally-renowned research on topics that affect women’s bodies, babies and wellness. Best of all, she brings her students along for the journey.

After “floundering” at an overcrowded university, where her biology class included 1,000 people, Hailey Belaire came to Brescia and worked closely alongside Professor Twynstra through FRESH (Food Resources and Education for Student Health). Hailey loves her professors’ holistic approach to health and the ways our University encourages her to align clinical study with community benefit. What she learned at Brescia has enabled her to pursue her dreams of becoming a Registered Dietitian who cares for pregnant women.

“I go into every classroom wanting my students to feel comfortable participating in ways that make their learning more relevant. A number of students work alongside me on my research. Together, explore the benefits of nutrition support, so women can have healthier pregnancies, births and lives.

- Product and process development
- Alternative food safety/sterilization processes
- Hazard Analysis Critical Control Points (HACCP) processes
- Equipment innovation and development (e.g. nanotechnology and robotics)
- Product and process quality assurance

WE ARE MAKING THIS REVOLUTIONARY PROGRAM ACCESSIBLE TO THOSE WITH A PASSION FOR NOURISHMENT & SUSTAINABILITY

Dual-Degree students are eligible for the brand new Kyle MacDonald Dual-Degree Awards. Each year, a total of five $4,000 scholarships will be awarded. Careers you can pursue with this innovative degree include:

- Product and process development
- Alternative food safety/sterilization processes
- Hazard Analysis Critical Control Points (HACCP) processes
- Equipment innovation and development (e.g. nanotechnology and robotics)
- Product and process quality assurance

IF YOU CAN IMAGINE BETTER WAYS OF DOING THINGS, BRESCIA WILL HELP YOU BRING THOSE SOLUTIONS TO FRUITION

Brescia’s Students’ Council President, Fahimeh Abdollahi, has seen firsthand how women struggle to access sufficient health care. Emboldened by her Brescia experience, Fahimeh is furthering her journey towards becoming an OB-GYN to ensure minority female voices are represented when determining how medical care should be delivered.

Over and above the unparalleled opportunities to influence decision-making that have been made available to her, Fahimeh shares it is Brescia’s willingness to listen to vulnerable populations that stands out most.

“You cannot even begin to compare the amount of support you receive at a women’s university to what you would have access to elsewhere. Brescia’s students, faculty and staff are passionate about empowering women. They have empathy for unique lived experiences and will help you flourish at every opportunity. I know how much of a fight it is for women to get access to even the most basic standards of care, and I am proud to go to a school where people see and support that fight.

Fahimeh Abdollahi ’23
HONOURS DOUBLE MAJOR, HEALTH SCIENCES & FRENCH
BUCSC PRESIDENT

IF YOU BELIEVE THE WORLD WOULD BE A BETTER PLACE IF EVERY WOMAN WAS TREATED WITH CARE AND RESPECT, LET’S TURN THAT DREAM INTO A REALITY

You or your family members could be eligible for a brand new Kyle MacDonald Dual-Degree Award. Each year, $4,000 scholarships will be awarded. The deadline for applications is May 1, 2022. Visit brescia.on.ca/dual-degree for application details and eligibility requirements.

Dr. Jasna Twynstra
ASSOCIATE PROFESSOR
SCHOOL OF FOOD AND NUTRITIONAL SCIENCES
Find YOUR PEACE & YOUR PLACE AT BRESCIA

OVER THE PAST CENTURY, OUR UNIVERSITY HAS CHANGED IN COUNTLESS WAYS. YET, ONE THING REMAINS THE SAME: WE NURTURE OUR STUDENTS – MIND, BODY & SPIRIT – SO THEY CAN SOAR.

On the cover of this Viewbook, you will recognize the Brescia “B” designed as a dove. When you graduate from Brescia and take part in our University’s incredibly special convocation ceremony, you will receive your Alumnae ring, stamped with a dove, which serves as a reminder to our students to bring justice, peace and wisdom into the world.

THE DOVE, WHICH HAS BEEN CELEBRATED BY NUMEROUS CULTURES FOR SEVERAL MILLENNIA, ELOQUENTLY REPRESENTS THE UNIQUE AND INCLUSIVE RELATIONSHIP BREScia HAS WITH FAITH AND ALL THE BEAUTy THAT COMES WITH HONOURING VARIOUS IDEOLOGIES AND TRADITIONS.

My first year at Brescia was absolutely life changing. I had to overcome a lot of fears and do a lot of work, but the people I met gave me a vision for my future and the courage to pursue it. Your mentors here are women who have gone out into the world and made significant differences. Yet, they return to our University and make it their mission to ensure you see yourself as a woman of immeasurable value.

Beth Donchak ‘23
MAJOR IN LEADERSHIP STUDIES

OUR CAMPUS MINISTRY IS DESIGNED TO RAISE UP MODERN WOMEN & RE-ESTABLISH COMPASSION AMIDST COMPLEXITY

Open, hospitable and engaged in the world, Ursuline charism is at the core of our fervor to serve. We celebrate and support diversity and provide spaces that are sacred to all those who call Brescia their second home. Through our Chapel, Muslim Prayer Room and other safe and sacred spaces, we encourage self- and shared reflection. Through an intersectional, openness to all people, and multi-faith lens, Brescia’s Mission and Ministry supports students, faculty, and staff in the exploration of our place in the world.

In collaboration with our Director of Mission and Ministry, Brescia makes a wide variety of spiritual and leadership opportunities – including pastoral counselling, spiritual direction, worship and faith exploration – available for all.

Welcome to Brescia—Where women of every belief and background can dare to dream boldly.
IN OUR COMMITMENT TO PEOPLE & OUR PLANET

HOW BRESCIA’S TRADITIONAL VALUES ALIGN OUR STUDENTS’ CURRENT NEEDS

“What called me to Brescia was its emphasis on family and community, as those are two of my core personal values. My professors were always very understanding. They made it possible for me to juggle being a mom and a student without becoming overwhelmed. They also showed genuine appreciation when I brought my Indigenous perspectives into the classroom, so I felt empowered to shape my assignments around my lived experiences.

Brescia opened many doors for me and taught me the value of asking for help. My hope is to encourage my community to feel more comfortable doing the same. There should not be stigma around reaching out. It feels good to have people in your corner.”

Jessica Dolson ’20
Major in Nutrition & Family Studies & Minor in Indigenous Studies
Community Connector, Nishwaasnangong Child Care and Family Centre

YOUR FUTURE MENTORS ARE CURRENTLY SAVING THE WORLD

Brescia Professor Dr. Peggy O’Neil has twice earned invitations to address the United Nations on behalf of the International Federation for Home Economics, the only global organization representing the essential dynamics within the home that encourage individuals to reach their full potential. Her statements provide insight regarding the pivotal role of affordable housing in addressing feminized homelessness and the ways the government can support socially just transitions towards sustainable development.

“At Brescia, you are joining a group of women, like Maude Barlow, who are actually changing the world through policy reform, political participation and philanthropic giving. Our programming is world-class, and so are the people. Social change starts within our hearts and extends far beyond Brescia because of the quality of our grads and our adaptive and inclusive programming.”

Dr. Peggy O’Neil
Assistant Professor
Food and Nutritional Sciences & Leadership Studies

HUMAN RIGHTS ACTIVISM IS AT THE HEART OF BRESCIA’S GOAL

Brescia’s Chancellor, Maude Barlow, is the co-founder of the Blue Planet Project, which leads the global campaign for the human right to water. Maude twice served as the Senior Advisor on Water to the President of the United Nations General Assembly, while authoring 19 books.

Maude’s dedication to inspiring action against injustice perfectly aligns with the courage and commitment of Brescia’s foundresses. Our students get to learn from Maude, as she is an ever-present member of our community, whose support invigorates the next generation of advocates and activists.

Maude Barlow
Brescia’s Chancellor
Co-founder of the Blue Planet Project

“Did you know?”

Brescia was the first university in Ontario to become a certified Blue Community.

For all Indigenous people, when you attend a Westernized school, you find yourself in two worlds. But, at Brescia, you will be encouraged to maintain and share all the pieces of yourself that make you who you are.
Equity, DIVERSITY, INCLUSION & DECOLONIZATION

We acknowledge Brescia is situated on the traditional territories of the Anishinaabek, Haudenosaunee, Lūnaapéewak, and Chonnonton Nations, all of whom have longstanding relationships to the land of Southwestern Ontario and the City of London. The First Nations communities of our local area include Chippewas of the Thames First Nation, Oneida Nation of the Thames, and Munsee Delaware Nation. We value the significant historical and contemporary contributions of local and regional First Nations and all of the Original Peoples of Turtle Island.

BECOME PART OF AN ENVIRONMENT OF OPENNESS, CURIOSITY & COMPASSION

Brescia is privileged to welcome students from every country and circumstance, and we delight in the ways diversity enriches our campus. While we may have differences of opinion, religious practice and roots of origin, what we share is our firm grasp of what is right and our willingness to work towards a better future.

Agents of Change

RAISE AWARENESS & ADVOCATE FOR IMPORTANT ISSUES AFFECTING UNDERREPRESENTED POPULATIONS

Brescia is committed to continuously doing and being better. We work alongside our students, faculty, staff and broader community to amplify marginalized voices and make reparations for the wrongs done against them.

Our Agents of Change are led by our Special Advisor to the President, Diversity & Inclusion. The program brings people together to dialogue with the goals of dismantling unconscious bias, confronting privilege and fostering allyship. Their programming ensures the voices of equity-deserving groups are at the forefront. The Agents of Change are engaged in work studies with more than 50 non-profits to champion anti-oppressive initiatives.

Boozhoo FROM OUR NEW FRIEND & INDIGENOUS INITIATIVES COORDINATOR

In February 2022, Brescia’s affiliate family was proud to welcome Sean Hoogterp as our new Indigenous Initiatives Coordinator. Sean is a status band member of Walpole Island First Nation, Bkejwanong Territory and brings with him two decades of experience working in post-secondary institutions in support of enhancing access to education for Indigenous peoples.

WE ENCOURAGE INDIGENOUS STUDENTS TO REACH OUT TO SEAN DIRECTLY FOR SUPPORT WITH THEIR BRESICA APPLICATIONS AND TO LEARN MORE ABOUT SCHOLARSHIPS FOR WHICH THEY MAY BE eligible.

BECOME PART OF THE INDIGENOUS STUDENT ASSOCIATION & (RE)DISCOVER A SENSE OF COMMUNITY

Western University’s Indigenous Student Association (ISA) gives Indigenous students and allies, across all four campuses, the chance to come together to address critical historical and contemporary issues. The ISA runs programming that educates and entertains with the ongoing goal of supporting Indigenous students to learn about who they are, where they come from and who they want to be.

INCREASING FUNDING TO ENHANCE ACCESSIBILITY TO EDUCATION

Each year, Brescia provides two scholarships, valued at $10,000 for a five-year period to Indigenous students through the Indspire Building Brighter Futures: Bursaries, Scholarships and Awards program. This funding is over and above any other scholarships, bursaries or financial aid Indigenous students may receive.

As an all-women’s institution, I see Brescia as a very special place. In Indigenous communities, each in our own way, we honour the positions of women – as Elders, Clan Mothers and sources of nurturing and wisdom. I am proud to work alongside Brescia to welcome Indigenous women of all nations to live, learn and thrive within a highly supportive and connected environment.

Sean Hoogterp
INDIGENOUS INITIATIVES COORDINATOR
WALPOLE ISLAND FIRST NATION
shoogter@uwo.ca

PHOTOGRAPHY CREDIT: KEVAN ASHWORTH
International Student Support

Brescia Proudly Brings Together Leaders From Around the World

We don’t just talk about diversity and inclusion, our students, faculty and staff make the effort to live these values every single day. International students contribute significant value to our campus and we are proud to create warm, welcoming and safe experiences for women who want to pursue a prestigious education.

Meet Lissette

Your Designated Resource for Everything That Will Make Your Canadian Education as Meaningful as Possible

Lissette is on call with all our international students 24 hours a day/seven days a week (whether you live on or off campus). From the moment you decide to come to Brescia, she will reach out to provide helpful resources and help enroll you in Bridging Week. This week of events brings together international students from all four campuses within the Western University family.

Lissette will ensure you get completely settled in. From setting up your bank account through to taking you shopping for your dorm, she and her international student leaders will maintain an open dialogue to support your needs.

Your Personal & Professional Goals Are Our Priorities

You will be fully supported by Lissette, our faculty and staff to ensure your time here prepares you to succeed.

- Participate in vibrant cultural celebrations that bring together hundreds of domestic and international students
- Engage in hands-on research that builds on classroom learning & generates community benefit
- Get the support you need to successfully apply for scholarships and financial aid
- Through interview prep, resume and Canadian employment support, we will help you land a great career
- Participate in language circles for confidence and conversation skill-building
- Take advantage of on-campus work and volunteer experiences
- Get exposure to the world through virtual and physical exchange opportunities

We are determined to make our prestigious campus accessible to bold leaders from around the world. In the spirit of further enriching our communities with diverse perspectives, we offer several International Student Scholarships that range from $3,000 to $24,000. Learn more at brescia.uwo.ca/internationalscholarships

Become Connected With A Mentor & Lifelong Friend

The Brescia Student Connector Program pairs incoming international students with “ambassadors”. These upper-year students will be your go-to guides for all things Brescia and London. They answer your questions, share about their experiences and show you around.

You Belong in Brescia’s Global Community

When Huiwen arrived at Brescia in 2019, she and Lissette became fast friends. Calling her “the kindest person I have ever met,” Huiwen is grateful to Lissette for connecting her with a thriving international community and several leadership experiences. During her time here, Huiwen has drastically improved her linguistic skills, gained a ton of hands-on experience and built an impressive resume.

I originally came to Brescia because of its internationally recognized programming. Once I got here, I realized what an extraordinary campus culture it offers. Brescia’s affiliation with Western is great because you get to be part of both worlds, but Brescia is unique because of its dedication to raising up every woman to be a leader. Whether you are a leader of yourself or entire communities, Brescia calls women to their purpose and helps them deliver on it.

Huiwen Lu ’23
Honours Specialization in Nutrition & Dietetics
Hubei, China
Welcome to London, Ontario
Where Big City Amenities & Small Community Vibes Collide

You Will Love Making This Vibrant City Your Second Home

Designed to cater to the more than 50,000 university students who live, work and hang out here, London has everything you could want to eat, shop and visit. Plus, our city’s employers are eager to extend job, internship and volunteer opportunities to the leaders who study at and graduate from Brescia. Less than two hours from Toronto and the same distance from Niagara Falls, London offers unparalleled convenience and fun – within and surrounding its beautiful city limits.

Some of Our Students’ Favourite Spots

Downtown London
Aka Richmond Row (8 minutes)

If you want to visit countless restaurants, shops and bars all at once, head into London’s downtown core. Here, you will find many of our city’s best eats and most popular student hangout spots.

Wortley Village (11 minutes)

Time and time again, Wortley has been voted Canada’s favourite neighbourhood. This is the place where people (and their dogs) visit cafes and patios for eclectic dishes, plant-based plates and superior cappuccinos.

Masonville Mall (6 minutes)

We love that Brescia women lead with their hearts and minds first. But, that doesn’t mean we can’t also take pride in the perfect outfit. If you are looking to shop your favourite brands, visit Aritzia, Zara, H&M and lululemon (and so many others) at Masonville Mall. Here, you will find the Rec Room where you can spend the night playing games, throwing axes and driving Mario Kart.

Our City Celebrates Global Cultures in Big, Bold Ways

Don’t worry about leaving your favourite foods at home. On campus, we will make it just like mom does at the Mercato. Beyond our incredible kitchen, you will find foods from every culture, around the world, all over London. From roti to curries, bubble tea to tacos, our city loves to travel with their taste buds.

Over and above our internationally-inspired eateries, London hosts countless festivals each year that bring together the music, food, people and interests of the world. Participate in our dazzling PRIDE parade, Latin Fest, Black Lives Matter rallies and Indigenous Healing Walks to see how our United Nations Designated Safe City interacts with and uplifts its local and global neighbours.

See you soon! | À bientôt | जल्दी मिलते हैं | ابیره تاکارا
Te veo pronto | 再见 | また近いうちにお会いしましょう

Congratulations on considering Brescia as the place where you will build upon your natural gifts in ways that benefit humanity. Whether you come from just down the street or across the globe, you can look forward to fully personalized academic and extracurricular experiences that foster your potential, while prioritizing your mental health, wellness and individuality. This is a place where you will feel truly appreciated and empowered to do the good the world needs. Our University & the broader London community look forward to welcoming you.

Francesca Geddes
International Recruitment Specialist
Take PART IN A SAFE & WELCOMING ORIENTATION WEEK

HAVE FUN & MAKE LIFELONG FRIENDS DURING BRESCHIA’S ORIENTATION WEEK

As an affiliate of Western, Brescia students are welcome to participate in all the activities that come with attending Canada’s largest OWeek. In addition to these events, our students engage with their close-knit community in activities designed for our incoming class.

THINK OF YOUR SOPHS LIKE YOUR NEW BEST FRIENDS

Brescia’s Soph team is made up of highly enthusiastic student leaders whose goal is to ensure every incoming student feels included, appreciated and comfortable. They familiarize you with the campus and our services, while giving you the inside scoop on all the best aspects of Brescia, Western and London.

“We want all students to feel welcome and capable of enjoying OWeek, so we provide everything from really hype chants and dances to more chill, self-reflective events like All About Wellness. We strive to make it easy and enjoyable to get involved at Brescia, and help you feel like campus is a second home.”

Lauryn Bikos ’23

HONOURS SPECIALIZATION IN ENGLISH & MAJOR IN POLITICAL SCIENCE
HEAD SOPH

WE TAKE CARE OF OUR STUDENTS, SO THEY CAN TAKE ON THE WORLD

The Wellness Peer Program is a student-driven program that emphasizes the motto of “by students, with students, for students”. With advisement from Student Life staff, the Wellness Peers are mental health and wellness champions at Brescia who provide support in the Baines Peer Support spaces located on Brescia’s campus.

MENTAL HEALTH AND WELLNESS SUPPORTS FOR STUDENTS:

- Free individual counselling
- Togetherall (24-7 peer-to-peer virtual support)
- Case Management and resource connection

OTHER WAYS WE FOSTER WELLNESS & EMPOWER OUR STUDENTS:

- Brescia’s Upstander Program
- Self-defence training with Professor Seabrook who has trained in martial arts for 36 years
- SafeTALK awareness training to promote suicide prevention
- Free Mental Health First Aid Training
- Anova Disclosure training
- Wellness skills webinars and workshops
- Mindfulness Meditations

EVERYONE HAS THE RIGHT TO FEEL SAFE AT ALL TIMES

Brescia is committed to protecting our students and ensuring they feel comfortable within our residences, classrooms and across campus. Brescia has taken the following steps to enhance student safety:

- All incoming students, student leaders, faculty and staff must participate in Mandatory Gender-Based and Sexual Violence training
- Increased security and lighting on campus
- Extended shuttle runtimes to get students home
- Installed Blue Light Alarm Systems
- Offering programming and resources to facilitate healthy relationships and promote a speak up culture
- Hosting Town Halls where students can voice their concerns and articulate which resources best align with their needs
- Working closely with campus police to prevent GBSV and encourage disclosures

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GOOD THINGS (and people) GROW AT BRESCHIA

Nurture your love of the world and share it with others by tending to fruits, vegetables and herbs within Brescia’s Community Garden. The gifts of your labour will be donated to the London Food Bank. Alternatively, if you need a little extra support, turn to Brescia’s on-campus Food Bank for feminine hygiene products and healthy food options you can take home with you.
PRIVATE RESIDENCE SUITES THAT PRIORITIZE YOUR MENTAL HEALTH, WELL-BEING & ACADEMIC SUCCESS

Women deserve to feel safe and comfortable in their homes and on their campus. At Brescia, we pride ourselves on creating safe spaces where women can do and be their best.

Amidst the hustle and bustle of the broader Western community and London's vibrant city life, our female students know they can always return to their private residence suites where they can rest and recharge under the care of all-female staff members and floor mates. The upscale design and amenities of Clare Hall reflect our dedication to caring for the whole woman - mind, body & spirit.

WE DESIGNED OUR $31 MILLION RESIDENCE IN ACCORDANCE WITH OUR STUDENTS’ FEEDBACK ABOUT WHAT MATTERS MOST TO THEM. THAT’S WHY, EACH SUITE INCLUDES:

• Large 2x2 metre closets
• Queen-sized beds
• Personal sinks
• Wi-Fi
• Their very own desk, fridge and bookshelf
• Room-darkening blinds, heat and A/C
• A window seat with a view of Brescia’s impeccable natural surroundings
• You can even get a king-sized bed with private washroom, if you register early!

KEEPING IT GREEN

From highly efficient heating, cooling, and ventilation equipment to the thoughtful placement of operable windows, our residence is a shining example of environmentally responsible development. Our commitment to our students and the planet resulted in an environmental rating of Five Green Globes—the highest possible.

WANT TO SEE EXACTLY WHAT MAKES BRESCEA’S RESIDENCE ONE OF THE MOST LUXURIOUS IN CANADA? TAKE A VIRTUAL TOUR.

WELL AT BRESCEA
FOOD WE ARE PROUD TO SERVE TO STUDENTS WE ARE EAGER TO SERVE.

Our Mercato is emblematic of our dedication to nourishing students’ minds and bodies, so they can be at their best. This upscale eatery, which is surrounded by floor-to-ceiling windows and run by a Red Seal Chef, is recognized city-wide as a spot to go for delicious and healthy food options. When you read our extensive menus, which reflect culinary creativity and quality ingredients, your idea of what campus food typically consists of will be completely transformed.

It’s central location and gorgeous modern design ensures our cafeteria is as welcoming as the food is irresistible. From community-building conversations through to culturally diverse menus that are representative of our school’s global mosaic, our Mercato is at the heart of our campus - in more ways than one.

AN EDUCATION & A MENU THAT CATERS TO YOU.

Food allergies or preferences? Miss a dish your family makes? Let us know and we will work with you to make Brescia feel even more like home.

CHEF TIM D’SOUZA & HIS TEAM PRIDE THEMSELVES ON CREATING DISHES OUR STUDENTS LOVE.
Athletics AT BRESCIA

Brescia IS THE TOP CHOICE FOR ELITE FEMALE ATHLETES

Each year, our school is represented on every field, court and rink as part of the Western Mustangs varsity athletics program. With Alumni Stadium and Thompson Arena just steps from Brescia’s campus, you get all the convenience of being close to Western’s facilities – with all the added comfort of our luxury residence and the Mercato’s impeccable menu offerings.

Brescia students have access to Western Campus Recreation and its many fitness programs. The impressive $35 million facility is home to a 20,000 square foot fitness centre that includes an Olympic-sized pool and more than 200 cardio machines. Beyond providing you with everything you need to excel physically, Brescia provides our athletes with their own designated Academic Advisor as well as seamless access to academic accommodation whenever necessary.

THE PROOF IS IN the podium.

Last year, nearly 30 Brescia students were recognized with awards for participating in Western’s varsity program, while also maintaining a minimum average of 80%.

Did you know?

OUR ALUMNA, SAMANTHA ROBERTS, NOT ONLY COMPETED IN THE TOKYO OLYMPICS, BUT SHE REPRESENTED ANTIGUA WHILE CARRYING THE TORCH AT THE OPENING CEREMONIES

Brescia STUDENT ATHLETES ARE ELIGIBLE FOR THE BRAND NEW KYLE MACDONALD STUDENT-ATHLETE AWARDS. EACH YEAR A TOTAL OF 10 $4,000 SCHOLARSHIPS WILL BE AWARDED TO VARSITY ATHLETES WHO MEET MINIMUM AVERAGE REQUIREMENTS.

It’s amazing to be part of Western’s varsity culture and then come home to our campus where you get a ton of support as a student athlete. Because I am on a first-name basis with my professors, they make it easy for me to balance my schooling with my hectic schedule. Plus, living in residence and eating at the Mercato puts healthy choices right at your fingertips. It’s really the perfect place for students who are serious about athletics.

DOUBLE MAJOR, SOCIOLOGY & CRIMINOLOGY VARSITY HOCKEY PLAYER 2021-22 OUA WEST MARION HILLIARD AWARD WINNER FOR DISPLAYING COMMITMENT TO ACADEMICS AND VOLUNTEERISM WHILE PLAYING A VARSITY SPORT

Sophie Young ’23
MATTERS

YOUR CIRCUMSTANCES DO NOT NEED TO DEFINE WHAT HAPPENS NEXT
WITH OUR ROBUST FINANCIAL SUPPORT PROGRAM, BRESCA CAN BE

AUTOMATIC ENTRANCE SCHOLARSHIPS

The scholarships listed below are automatic and guaranteed to students entering directly from high school based on final admission averages as calculated by Brescia. Entrance scholarships are renewable in subsequent years if students maintain an 80% average on 5.0 courses taken concurrently in the September to April term while registered at Brescia.

CANADIAN HIGH SCHOOL STUDENTS

<table>
<thead>
<tr>
<th>SCHOLARSHIP</th>
<th>NUMBER AWARDED</th>
<th>ACADEMIC AVERAGE</th>
<th>VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Board of Trustees Continuing Scholarship</td>
<td>Three</td>
<td>Offered to the top three students in the entering class</td>
<td>Full Academic Tuition</td>
</tr>
<tr>
<td>President’s Entrance Scholarship</td>
<td>Unlimited</td>
<td>95.0% +</td>
<td>$16,000 ($4,000/year)</td>
</tr>
<tr>
<td>Provost’s Entrance Scholarship</td>
<td>Unlimited</td>
<td>90.0% - 94.9%</td>
<td>$14,000 ($3,500/year)</td>
</tr>
<tr>
<td>Brescia Faculty Entrance Scholarship</td>
<td>Unlimited</td>
<td>85.0% - 89.9%</td>
<td>$12,000 ($3,000/year)</td>
</tr>
<tr>
<td>Brescia Scholarship for Academic Excellence</td>
<td>Unlimited</td>
<td>82.0% - 84.9%</td>
<td>$8,000 ($2,000/year)</td>
</tr>
</tbody>
</table>

INTERNATIONAL HIGH SCHOOL STUDENTS

<table>
<thead>
<tr>
<th>SCHOLARSHIP</th>
<th>NUMBER AWARDED</th>
<th>ACADEMIC AVERAGE</th>
<th>VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>International Entrance Scholarships</td>
<td>Unlimited</td>
<td>95.0% +</td>
<td>$24,000 ($6,000/year)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>90.0% - 94.9%</td>
<td>$20,000 ($5,000/year)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>85.0% - 89.9%</td>
<td>$16,000 ($4,000/year)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>82.0% - 84.9%</td>
<td>$12,000 ($3,000/year)</td>
</tr>
</tbody>
</table>

AUTOMATIC PROGRAM AWARDS

These awards are guaranteed to students with a minimum 82% average entering one of the designated programs listed below. These awards may be held in conjunction with an Entrance Scholarship. Arts & Humanities students must register in 2.0 Arts & Humanities courses at Brescia to be eligible.

PROGRAMS

- Liz Hewitt Arts & Humanities Award
- Arts & Humanities Program Award
- Foods & Nutrition Award
- Management & Organizational Studies Program Award

<table>
<thead>
<tr>
<th>AWARD</th>
<th>NUMBER AWARDED</th>
<th>VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liz Hewitt Arts &amp; Humanities Award</td>
<td>Two</td>
<td>$2,500 (Ontario Students Only)</td>
</tr>
<tr>
<td>Arts &amp; Humanities Program Award</td>
<td>Unlimited</td>
<td>$1,000</td>
</tr>
<tr>
<td>Foods &amp; Nutrition Award</td>
<td>Unlimited</td>
<td>$1,000</td>
</tr>
<tr>
<td>Management &amp; Organizational Studies Program Award</td>
<td>Unlimited</td>
<td>$1,000</td>
</tr>
</tbody>
</table>

ADDITIONAL SUPPORT

- Bursaries
- OSAP (Ontario Student Assistance Program)
  - If you reside in Ontario, you may apply for a student loan and grants

FEES

TUITION & FEES

- Full-Time, Domestic
- Full-Time, International

<table>
<thead>
<tr>
<th>STUDENT</th>
<th>YEAR</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full-Time, Domestic</td>
<td>Preliminary Year</td>
<td>$4,000</td>
</tr>
<tr>
<td></td>
<td>Year 1</td>
<td>$4,950</td>
</tr>
<tr>
<td>Full-Time, International</td>
<td>Preliminary Year</td>
<td>$22,600</td>
</tr>
<tr>
<td></td>
<td>Year 1</td>
<td>$42,100</td>
</tr>
<tr>
<td></td>
<td>Year 1 Management &amp; Organizational Studies</td>
<td>$53,500</td>
</tr>
</tbody>
</table>

**The estimate for tuition & fees is based on 2022-2023 values and is subject to change. Tuition fees include all student and compulsory ancillary fees, including the university health insurance plan and the Brescia Bridging Program for international students.

$2 MILLION AVAILABLE IN SCHOLARSHIPS & FINANCIAL AID

I want other students, who may not be able to see themselves at University, to know they can do this – and do it with their head held high. I am not embarrassed to say I would not have made it through my four years here without the scholarships and financial aid I received. Brescia makes a life-changing education accessible to all students, so put yourself out there and see where you can go.

BETH JONHSON ’16

HOONOURS SPECIALIZATION IN HISTORY WITH A MINOR IN POLITICAL SCIENCE

MASTERS OF PROFESSIONAL EDUCATION – SOCIAL JUSTICE, EQUITY, & DIVERSITY PROGRAM

APPLICATION AWARDS

All award criteria, application details, and deadlines can be found at brerescia.uwo.ca/money_matters/scholarships_awards_bursaries/admission_scholarships_awards/index.php. Unless otherwise stated, application awards are nonrenewable.

<table>
<thead>
<tr>
<th>AWARD</th>
<th>NUMBER AWARDED</th>
<th>VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>International Global Leader Award</td>
<td>One</td>
<td>$6,000 for Tuition (renewable)</td>
</tr>
<tr>
<td>International President’s Award</td>
<td>Unlimited</td>
<td>Up to $5,000</td>
</tr>
<tr>
<td>Domestic &amp; International Ursuline Scholars International Award</td>
<td>One</td>
<td>$3,000</td>
</tr>
<tr>
<td>Domestic &amp; International Ursuline Scholars Preliminary Year Award</td>
<td>One</td>
<td>$3,000</td>
</tr>
<tr>
<td>Domestic &amp; International Brescia Community Leader Award</td>
<td>Four – Domestic, Two – International</td>
<td>$1,000</td>
</tr>
<tr>
<td>Domestic Brescia SHSM Award</td>
<td>Unlimited</td>
<td>$500</td>
</tr>
</tbody>
</table>

**The estimate for residence fees is based on 2022-2023 values; includes room, Reznet, and Residence Council; and is subject to change.
TO APPLY

ALL THE INFORMATION YOU NEED TO APPLY TO BRESICA IS AVAILABLE ONLINE AT BRESICA.UWO.CA/ADMISSIONS.

1 DISCOVER YOUR PASSION

NOW IS THE TIME TO FIND OUT WHICH OPPORTUNITIES WILL LIGHT YOUR PASSIONS ON FIRE

Take advantage of all the opportunities to speak to our personable staff and faculty, attend on-campus events, school visits, campus tours, online appointments, and virtual experiences.

Explore and compare program options at brescia.uwo.ca/undergraduate/index.php.

Don’t worry if you’re uncertain about which program to take. In most cases, Brescia’s first-year programs offer a lot of flexibility and the opportunity to take a wide range of courses. Many students finalize their program of study during the Intent to Register period between first and second year.

2 APPLY ONLINE

APPLICATIONS OPEN OCTOBER 1

Brescia is located within Western University on the OUAC website. Go to the Ontario Universities’ Application Centre (OUAC) website at ouac.on.ca. Current Ontario Secondary School applicants should complete the 101 Form. All other applicants should complete the 105 Form.

DEADLINES

Canadian Students: January 12, 2023
International Students: April 1, 2023
Ivey Business School Advanced Entry Opportunity (AEO): January 12, 2023

3 STAY CONNECTED

SEND TRANSCRIPTS AND REQUIRED DOCUMENTS

All students who are not currently attending an Ontario Secondary School must send transcripts. Students must be proficient in written and spoken English to be admitted to Brescia. If English is not your first language and you have not lived or studied in an English environment for a minimum of four years, you will be required to provide an accepted English Language Proficiency test.

APPLY FOR SCHOLARSHIPS

See the variety of scholarships we offer and learn how to apply on page 48.

UPDATE MARKS

If you have not been offered admission, you will have the opportunity to submit new grade information for a reevaluation.

DON’T BE SHY — WE SURE AIN’T!

We LOVE to hear from our incoming students. Whether you’re intensely curious about courses or have the smallest question, we’re here to support you every step of the way. Reach one of our awesome recruiters via brescia.uwo.ca/future_students.

4 ACCEPT YOUR OFFER

SECURE YOUR PLACE AT BRESICA

You’ll need to accept your offer by the deadline stated in your Offer of Admission letter. Watch your email for your letter and for instructions on how to accept it.

BUILD A DRAFT SCHEDULE

In May, you’ll receive information on how to register for courses and everything you will need to know to prepare for September.

ATTEND A SOD SESSION

Throughout June & July, Brescia hosts Summer Orientation Days where your personal Academic Advisor will ensure you’ve completed the course selection process correctly, provide advice on your program and help you with anything you need before the academic year begins. Once registration is open, you’ll be notified by email.

5 OTHER TO-DOS

APPLY FOR RESIDENCE

Once you’ve accepted your offer, you will then be eligible to submit your residence application. Brescia is committed to providing housing to any first-year students who request it. If you would like to live on campus, please complete your application as soon as possible.

LEARN MORE ABOUT BRESICA’S ADMISSION REQUIREMENTS, INCLUDING PREREQUISITES, BY VISITING OUR WEBSITE.

ALTERNATIVELY, REACH OUT TO OUR ACADEMIC ADVISORS. THEY WILL BE HAPPY TO PERSONALLY SUPPORT YOUR TRANSITION INTO OUR UNIVERSITY.

APRIL 1, 2023

Application Deadline for International Students (Recommended)

JUNE 1, 2023

Deadline for Students to accept Offer of Admission (unless otherwise stated on your Letter of Acceptance)

SEPTEMBER 7, 2023

Classes begin and so does your integration into the clubs, activities and communities, which will extend your growth far beyond the classroom!
Brescia is located just steps from the heart of Western University’s campus. When you come for a tour, you will see exactly what we mean by the best of both worlds.

OPEN HOUSES
Fall Preview Day: November 12, 2022
March Break Open House: March 11, 2023

WANT THE FULLY PERSONALIZED EXPERIENCE? BOOK YOUR TOUR TODAY.
Take a campus tour Monday through Friday at 10:30 a.m. and 2:30 p.m guided by one of our fantastic Brescia tour guides who can’t wait to meet you.
To schedule a tour, contact us at brescia@uwo.ca or call 519.858.5191.
Book your own tour online by scanning the QR code.
Brescia was not designed for a particular type of student. Our University was created for every woman who has the courage to be themselves and the conviction to lead others.

It’s time to discover a place where you can pursue your dreams, without conformity or apology, while feeling fully supported by a community that empowers you to be at your best.

LEARN MORE & LEAD YOUR WAY AT BRESCEIA.UWO.CA/LEADYOURWAY

SAINT ANGELA MERICI
FOUNDRESS OF THE URSULINES