

" Completing my degree by **distance studies** is definitely the best option for me. I can do my school work at my own pace, on my own time, and when it's **most convenient for me.**"



Kelly Phillips,
Distance Studies student

2001

THE UNIVERSITY OF WESTERN ONTARIO

"I have been curious about the world and how it works all through my life and yet hid these treasures under a mountain of self-doubt and low self-esteem. My university experience has expanded my boundaries and helped me gain **valuable skills beyond the classroom.** I have met extremely supportive people, received valuable training as a researcher, and gained so much in **self-confidence, self-esteem and self-worth.** My future is open before me with choices I could not have imagined four years ago and I feel so much more alive today than ever before."



Joan Forder received an
Adult Learner Award from
the London Council of Adult
Education in 2001.



Anne Lyons received an
Adult Learner Award from
the London Council of Adult
Education in 2001.

"Going back to school after having been out for more than eleven years was an overwhelming and frightening proposition. With the encouragement of family and support from Western staff, it became less intimidating and has been a **very rewarding and fulfilling experience.**"