



You've Got This, Mustangs!

Can you believe it's almost the end of the term? Congrats on making it this far, Mustangs! Remember that Western has a wide range of academic and wellness supports available to grad students to help you through your academic studies.

[End of Term Supports](#)

Events on Campus

APRIL 3

Organizing Your Presentation

If you've got an upcoming presentation, check out the Writing Support Centre's upcoming seminar on Organizing Your Presentation, running from 1:30 to 2:30 p.m.

[Register](#)

APRIL 3

Sustainability Impact Showcase

All are invited to the annual Sustainability Impact Showcase to join for a celebration of campus community members who are making a positive impact on sustainability at Western.

[Learn More](#)

APRIL 5

Mindfulness for ADHD

Learn about mindfulness and its benefits for students with ADHD at the Mindfulness for ADHD: Discussion & Practice workshop. No prior experience with mindfulness is necessary!

[Learn More](#)

APRIL 9

Therapy Dogs

Don't miss the last therapy dog event of the year! Hang out with the St. John Ambulance Therapy Dogs in the Weldon Library Community Room from 1:30 to 3 p.m. for the boost you need heading in to this busy time.

[Learn More](#)

APRIL 16

WDSS Introduction to Python Workshop

In this workshop you'll learn the fundamentals of Python, one of the most popular and powerful languages used in various domains, including data science, machine learning, web development, and more.

[Learn More](#)

APRIL 22-26

Graduate Writing Week

Join the Writing Support Centre for Graduate Writing Week: a variety of seminars to help you meet the demands of academic and professional writing.

[Learn More](#)

APRIL 22

The Writing Process: Organizing and Structuring Your Work

Learn strategies including modelling, diagramming, and storyboarding with the upcoming writing seminar on Organizing and Structuring Your Work.

[Register](#)

APRIL 25

Writing Your Thesis or Dissertation

Attend the Writing Your Thesis or Dissertation seminar to learn goal-setting strategies and gain insights into the expectations of supervisors and committees.

[Register](#)

MAY 4

RBC Training Ground

Turn your Olympic dreams into reality! Western will host an RBC Training Ground qualifying event on Sat, May 4 in the Western Student Recreation Centre. Athletes of all skill levels are welcome to participate.

[Register](#)

[See All Events](#)

Campus Life

INSPIRING MINDS: LAURA DENUSIK



Lauren Denusik is a PhD candidate in the Health and Rehabilitation Combined MCISc/PhD Program at Western University.

Her doctoral research explores the virtual adaptation of More Than Words®, a caregiver-mediated program that provides caregivers strategies they can implement into daily routines to support their autistic preschooler's social communication and play skills development.

[Read More](#)

ENJOY THE SOLAR ECLIPSE SAFELY



(Photo by Steve Anderson)

Western's campus will experience a partial solar eclipse on Monday, April 8. As you walk from class to class, you may be tempted to look up. During an eclipse, it is important to avoid looking directly at the sun without proper eclipse eye protection – sunglasses are not proper protection. Use certified solar eclipse glasses from a reliable source and ensure they're undamaged. Find more safety tips below.

[Safety Tips](#)

GET INVOLVED

- **Call for Nominations: Senate Committees**
The Senate Nominating Committee is accepting nominations for membership on Senate committees for the coming year - please visit the [Secretariat website](#) for further information.
- There's still time to [attend a career workshop](#) to help you score that summer job! Check out the sessions on cover letters, resumes, and Canadian career realities this week.
- Your transcript only tells half the story; your **Co-Curricular Record** can help tell the rest. The deadline to add activities to your Co-Curricular Record is April 30 through [Western Connect](#). Questions? Drop by the UCC Atrium on April 4 from 10 a.m. to 3 p.m.!

GRAD STUDENT LIFE

- **Looking for a study break?** Check out the [SQGS event calendar](#) for events like Weekly Trivia, Rick McGhie, Karaoke Night, an upcoming trip to Tilt Arcade and more!
- **Staying in London over the summer?** [Western Summer Accommodations](#) are open May 8 until August 17 for short and long term stays. Students can use their Western credentials to reserve space over the summer months. They offer budget-friendly options for the Western Community and referred guests.
- Want to play sports and have some fun this summer? Registration starts for **Summer Intramurals** on Monday, April 15 at 8 a.m. You don't have to be a summer student to join. Space is limited, wait lists are available. [Click here for more information and a full list of sports.](#)

MUSTANGS MINUTE

Get ready for an epic showdown on ice. Join us for the **Inaugural Mustangs Classic!** Featuring the Western Mustangs Football team vs the Western Mustangs Women's Hockey Team.

Date: April 8
Time: 5 p.m.
Location: Thompson Arena, Western University

[Get Tickets](#)

Proceeds go towards supporting Campfire Circle, which raises money to send kids affected by childhood cancer to camp.

For more features, events, and programming follow [@WesternMustangs](#) on Instagram or [@WesternMustangs](#) on TikTok.

WESTERN WELLNESS

This time of year can be stressful, reach out if you need support. You can [book online for physical or mental health appointments](#). Crisis mental health appointments are available Mon. - Fri. until 4:30 p.m.

CMHA After Hours Counselling is available Thursdays from 5-9 p.m. until April 18. Email campus@cmhatv.ca to book an appointment.

Measles are on the rise in Canada. Visit the [Middlesex-London Health Unit](#) for more information. If you are in need of vaccinations or testing, Student Health & Wellness Services can help! [Book an appointment](#) to speak with a physician.

OWN YOUR FUTURE

Upcoming Workshop: Unpacking and Addressing Microaggressions

Tuesday, April 23 from 2:30 to 4:30 p.m. (Virtual)

In this workshop, you will learn about microaggressions, what they are and their impact. We will also unpack microinterventions and practice using tactics to address microaggressions. At the end of this workshop, you will be able to:

- Identify microaggressions.
- Implement strategies to challenge microaggressions.
- Engage in allyship toward equity-deserving group members.

Facilitated by: Dr. Ana Boller, Digital Learning Specialist, EDI

This workshop is part of the Own Your Future doctoral professional development program. Master's students and postdocs are also welcome to attend if space is available.

[Register Now](#)

IMPORTANT DATES

- **April 2:** Final date for master's candidates to complete the preliminary thesis submission to finish the degree within the winter term and be eligible for the Spring Convocation.
- **April 23:** Final date for thesis examination for doctoral and master's candidates to complete the degree within the winter term and be eligible for the Spring Convocation.
- **April 30:**
 - Grade submission deadline for winter term graduates at Spring Convocation.
 - Deadline for doctoral and master's candidates to submit the thesis for examination to SGPS to be eligible for Thesis Defense Only status for the summer term.
 - Final thesis submission deadline for students wishing to graduate at the Spring Convocation.
 - Winter term ends.

[See More Dates](#)

Follow us on social



Have feedback or want to share your story? Email us at WhatsUpWestern@uwo.ca