

Spring is almost here!

Can you believe it's almost the end of the academic year? Congrats on making it this far, Mustangs! With April fast approaching and final assignments and exams around the corner, remember that Western has a wide range of academic and wellness supports to help you through the end of the year.

Visit StudentExperience.uwo.ca

Events on Campus

MARCH 21

Pollinator Practices at Western

Join us from 11 a.m. to 12 p.m. for a virtual panel discussion from campus community members who are working to support pollinators at

MARCH 22

Learn to Lead Summit

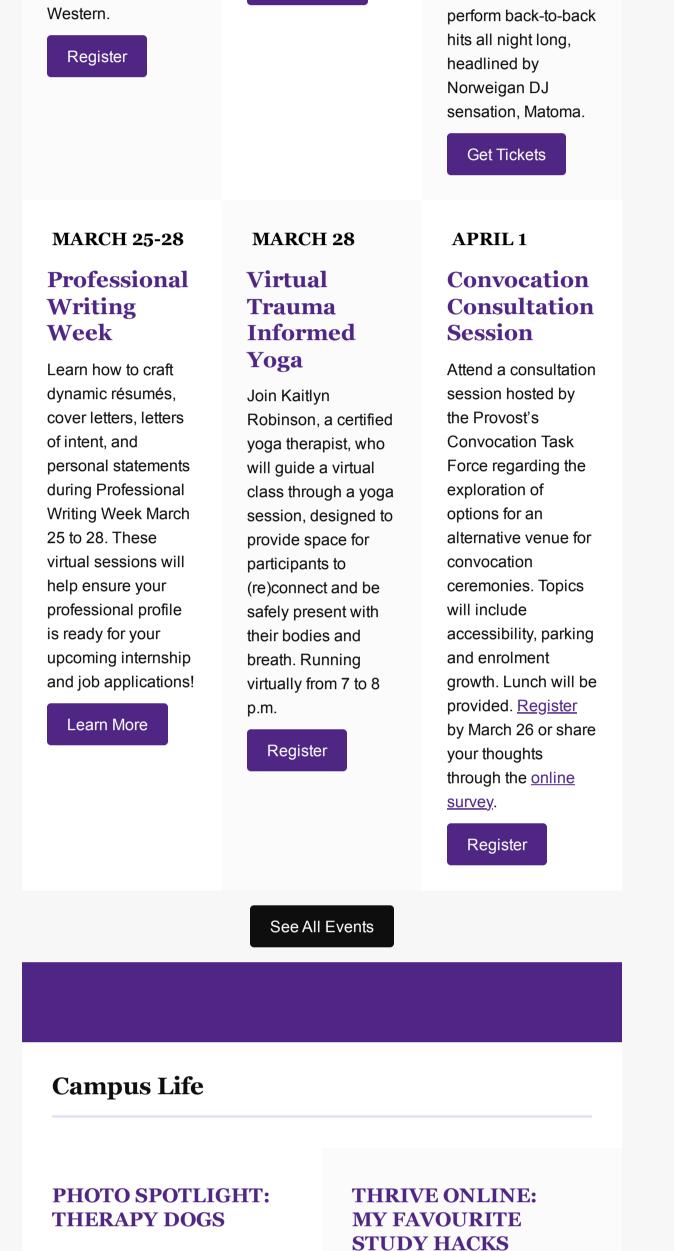
Attend the last Learn to Lead Summit of the year! Sessions include Getting Involved on Campus and Professionalism.

Learn More

MARCH 23

Sundown: Purple Fest's DJ After Party

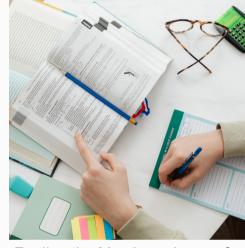
Make your way to the Mustang Lounge for Purple Fest Presents; Sundown: Western's Ultimate DJ party. Seven awesome DJs will





Thanks to everyone who joined us at De-stress Fest!

Mark your calendars! The final Therapy Dog event of the academic year is April 9. Drop by to visit with our furry friends from St. John's Ambulance Therapy Dogs from 1:30 to 3 p.m. in the Weldon Library Community Room.



Feeling the March madness of deadlines, projects and exams? Don't stress! Check out Sua's latest Thrive Online blog for game-changing study hacks and app recommendations that will turn your next study session into a breeze.

Read Sua's Blog

Learn More

WESTERN WELLNESS

Did you know you can now book mental health appointments online? Our online booking system has launched to help improve your access to mental health care. Reach out when you need it! Appointments can be scheduled as early as the same day. Experiencing issues booking online or don't see a timeslot you need? Call our clinic at 519-661-3030 for assistance.

Wellness Hub

Join the last two sessions of the Wellness Hub to discuss emotional regulation and selfcompassion with your peers! Thursdays from 11-12 p.m. on Zoom. Learn more & register!

MUSTANGS MINUTE

The Western Mustangs Figure Skating team are <u>back-to-back</u> Ontario University Athletics (OUA) Champions! Western took Gold in Synchro, Star 10 Couples Dance & Gold Women Solo Dance to pick up the 2024 Provincial Championship win, for the second year in a row.

As well, **Mustangs Swimming Team student athlete Shona Branton** set two new national U SPORTS records at the 2024 U SPORTS National Championships and was named <u>U SPORTS Female Swimmer of</u> <u>the Year</u>, for her 4-medal performance.

Congratulations Mustangs! Visit <u>www.westernmustangs.ca</u> or follow us <u>@WesternMustangs</u>

GET INVOLVED

• March 18 and 19: Attend an informative webinar to explore, understand, and leverage your Co-Curricular

STUDENT LIFE

- Exams are coming...PAL can help! Drop into the <u>Peer</u> <u>Assisted Learning (PAL)</u> <u>Centre</u> to access course-
- Record at Western. <u>Register</u> on Western Connect.
- Get Western credits studying Spanish in Cuba in May, 2024! Join us for an info session on March 19 at 4:30 p.m. in UC 3325 and learn more about the program!
- Looking for a part-time summer job on campus? The USC is hiring a <u>Summer</u> <u>Executive Assistant</u>. Apply by March 22 at 11:59 p.m.
- Become a Social Media
 Ambassador for Fall/Winter
 2024-25 Apply to be
 Western Libraries' next library
 ambassador and you could
 get paid to create fun video
 content for students. Visit
 recruit.uwo.ca (Job ID 34082)
 to apply!

specific help from upper-year students who have been there. The PAL Centre is open until the last day of classes (April 8).

- Staying active is a great way to reduce stress during these busy times of year. <u>Western</u> <u>Campus Recreation</u> has lots of active programming available for Western students in March and April, including Drop-In Sports, 200+ cardio and weight machines, lane swims, and open jogging/skating.
- Western Libraries
 Undergraduate Research
 Awards Want to win \$1,000
 for one of your course
 assignments? <u>Submit your</u>
 <u>application</u> by April 30 in four
 easy steps.

IMPORTANT DATES

- April 2: Last day to submit ITR (Intent to Register)
- April 30: Deadline to apply for graduation in Spring Convocation

See More Dates

HOT TAKE

Which spot on campus is your go-to for soaking up the sunshine:

UC Hill or Concrete Beach?

Vote Now

Results: Which sustainability ride rules your campus commute?

Biking 8% **Walking 47%** Taking Public Transit 45%

Follow us on social



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

Western StudentExperience