



## 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](https://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 Western.

[Register](#)

### 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 perform back-to-back hits all night long, headlined by Norwegian DJ sensation, Matoma.

[Get Tickets](#)

### MARCH 25-28

#### Professional Writing Week

Learn how to craft dynamic résumés, cover letters, letters of intent, and personal statements during Professional Writing Week March 25 to 28. These virtual sessions will help ensure your professional profile is ready for your upcoming internship and job applications!

[Learn More](#)

### MARCH 28

#### Virtual Trauma Informed Yoga

Join Kaitlyn Robinson, a certified yoga therapist, who will guide a virtual class through a yoga session, designed to provide space for participants to (re)connect and be safely present with their bodies and breath. Running virtually from 7 to 8 p.m.

[Register](#)

### APRIL 1

#### Convocation Consultation Session

Attend a consultation session hosted by the Provost's Convocation Task Force regarding the exploration of options for an alternative venue for convocation ceremonies. Topics will include accessibility, parking and enrolment growth. Lunch will be provided. [Register](#) by March 26 or share your thoughts through the [online survey](#).

[Register](#)

[See All Events](#)

## Campus Life

### PHOTO SPOTLIGHT: THERAPY DOGS



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.

[Learn More](#)

### THRIVE ONLINE: MY FAVOURITE STUDY HACKS



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](#)

## 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 self-compassion with your peers! Thursdays from 11-12 p.m. on Zoom. [Learn more & register!](#)

## MUSTANGS MINUTE

The **Western Mustangs Figure Skating team** are [back-to-back 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 SPORTS Female Swimmer of the Year](#), for her 4-medal performance.

Congratulations Mustangs! Visit [www.westernmustangs.ca](https://www.westernmustangs.ca) or follow us [@WesternMustangs](#)

## GET INVOLVED

- March 18 and 19: Attend an informative webinar to explore, understand, and leverage your Co-Curricular Record at Western. [Register 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 [Summer Executive Assistant](#). 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](https://recruit.uwo.ca) (Job ID 34082) to apply!

## STUDENT LIFE

- Exams are coming...PAL can help! Drop into the [Peer Assisted Learning \(PAL\) Centre](#) to access course-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. **Western Campus Recreation** 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? [Submit your application](#) 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 [WhatsUpWestern@uwo.ca](mailto:WhatsUpWestern@uwo.ca)