

The End of the Fall Term is upon us!

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

[Exam Supports](#)

Events on Campus

NOV 28

Vintage on Campus

Shop all the best vintage at Western (including Dugout Vintage, Filthy Revena, Apres Vous, and Gremlin's Bicycle Emporium) on November 28 from 11 a.m. to 6 p.m. in the UCC Atrium and Mustang Lounge!

[Learn More](#)

NOV 29

Organize Your Presentation

Have a high stakes presentation and want to organize your material for greatest impact? Join us from 1:30 to 2:30 p.m. for a session on how to create a presentation people want to hear.

[Register](#)

NOV 30

Study Café

Join us in Thames Hall Atrium from 12 to 9 p.m. to get course-specific help and advice on time management and creating study schedules. There will also be food provided! Sign up for an event reminder below.

[Remind Me](#)

DEC 2

Annual Indigenous Winter Market

Drop by the Wampum Learning Lodge for the second annual Indigenous Winter Market, running Saturday, Dec 2 from 11 a.m. to 5 p.m. Shop for the holiday season while supporting local indigenous creators, artisans, and entrepreneurs.

[More Info](#)

DEC 6

Therapy Dogs

The St. John Ambulance Therapy Dogs are back! De-stress with some furry friends on Wednesday, Dec 6 from 1:30 to 3 p.m. in the Weldon Community Room.

[Learn More](#)

DEC 11

Visual Pleasure with Dr. Jeff Preston and Erin Clark

Join the Office of EDI at Western in honour of International Day of Disabled People for a mind-blowing evening of captivating visuals and delightful insights with Dr. Jeff Preston and aerialist Erin Clark.

[Save a Spot](#)

[See All Events](#)

Campus Life

PHOTO SPOTLIGHT: INTERNATIONAL WEEK 2023

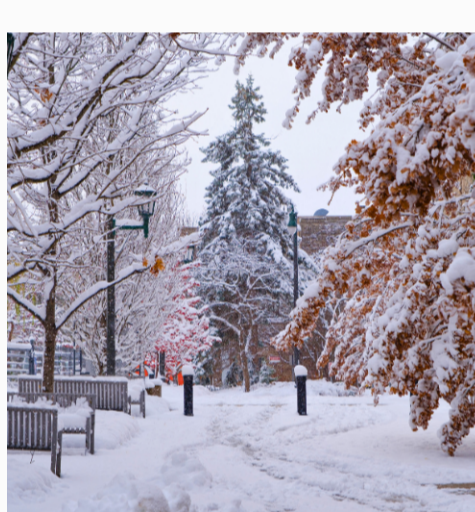


Pictured: President Alan Shepard posing for a photo with students at Global Café during International Week. (Photo: Western International)

Thanks to everyone who celebrated diversity, explored global initiatives & participated in International Week events and activities last week!

[See More Photos](#)

THRIVE ONLINE: GEARING UP FOR DECEMBER



As December fast approaches, the juggle between schoolwork, finals, and self-care can be overwhelming. Fear not! Arnov has your back in the latest Thrive Online student blog with 10 study tips to help navigate the chaos.

[Read Arnov's Blog](#)

WESTERN WELLNESS

Reach out for support when you need it! [Mental health counselling appointments](#) are available Monday to Thursday from 9 a.m. to 7 p.m., and Friday from 9 a.m. to 5 p.m. Crisis appointments are also available every day until 4:30 p.m. Call 519-661-3030 to book an appointment.

Reminder: CMHA After Hours Counselling is available on campus until December 14. Running Mondays in-person and Thursdays virtually from 5 to 9 p.m. To book an appointment, email campus@cmhatv.ca.

Did You Know? **Health & Wellness Services now offers online booking for physical health appointments.** Learn more at uwo.ca/health and [book your appointment](#) today!

MUSTANGS MINUTE

#PurpleandProud of Western Mustangs Women's Basketball MacKeely Shantz's performance over the weekend, netting her [OUA Athlete of the Week](#).

Upcoming Games:

Mustangs Women's and Men's Volleyball teams play vs the Nipissing Lakers on Friday, Dec 1 at 6 p.m. (W) and 8 p.m. (M) and Saturday, Dec 2 at 4 p.m. (W) and 6 p.m. (M) at Alumni Hall.

Mustangs Men's Hockey play Friday, Dec 1 at 7 p.m. vs the Windsor Lancers in Thompson Arena.

The **Bob Vigars Track & Field Invitational** is at Thompson Arena on Saturday, Dec 2.

Admission is FREE for Western students for all Mustangs regular season home games with Western ONECard.

Full sports schedule at westernmustangs.ca/calendar

GET INVOLVED

- Looking for an internship? Want to experience a new culture? Applications for the **Western Heads East** program are now open! [Apply Now](#) for Summer 2024!
- Promote Inclusivity, Impress Employers, and Drive Positive Change with the **Office of Equity, Diversity, and Inclusion's FREE certificate programs:** Anti-Racism Foundations Certificate Program and the Anti-Oppression Certificate.
- Career Coaching** - Book a 30-minute appointment with a career coach to chat about anything career-related, including connecting your degree to future work, exploring further educational options, and job search and networking strategies. [Learn more!](#)
- Western Libraries Student Advisory Council** - Meet twice a year with other students and library staff to weigh in on library spaces, services and resources. You'll receive co-curricular credit and a reference letter. [Apply by Dec 5.](#)

STUDENT LIFE

- Exams are coming - [Study](#) Learning Development & Success can help!** Check out presentations this week on topics like studying for and writing STEM exams, writing multiple-choice tests, and more. [See all presentations.](#)
- Western Intramurals** - Registration opens for Winter Intramurals on December 4 at 8 a.m. Space is limited, so register early as a team or as an individual.
- Did You Know?** Campus Rec has [Equipment Rentals](#) located on the 2nd floor of WSRC, near the change rooms. Borrow/rent/return equipment needed for drop-in programming like badminton racquets, sports hijabs, basketballs, squash racquets, volleyballs and more. We also offer [locker and/or towel service.](#)
- Check out the [Western Campus Recreation](#) website for December hours and programming.

IMPORTANT DATES

- Nov 30:** Last day to withdraw from a full (1.0) course and half-year (0.5) course resulting in a grade of 'WDN' (withdrawn, without academic penalty).
- Dec 1:** [Second installment](#) of tuition for main campus undergraduate students is due.
- Dec 8:** Last day of classes.
- Dec 10-22:** Mid-year examination period.

[Check Exam Schedule](#)

HOT TAKE

With final exams just around the corner, which study approach works best for you?

Study Groups OR Solo Study Sessions

[Vote Now](#)

Results from our last poll: Which season is MORE Instagram worthy...

Fall 79%
Winter 21%

Follow us on social



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