



Kicking off the School Year

Welcome to **What's Up Western**, your ultimate guide to campus life, news and events! Stay in the loop with our bi-weekly emails, ensuring you're up to date on all the latest happenings. The next couple of weeks will be busy on campus as we welcome those of you who are part of the incoming class and those of you returning to reunite with your classmates!

If you're a first year student, make sure to check out all the great activities offered as part of OWeek, running through this Saturday and be sure to check out a special [Welcome Video](#) from John Doerksen, Vice-Provost (Students).

[OWeek Schedule 2023](#)

Events on Campus

SEPT 7

Global Café

Join Western International from 3 p.m. - 5 p.m. on Concrete Beach for Global Café. This weekly event is a great way to meet new people from all over the world. This event is open to all students.

[Read More](#)

SEPT 12

Campus Resources Fair

Join us between 10 a.m. - 3 p.m. in the UCC Atrium and on Concrete Beach to learn about resources available to support you during your time at Western.

[Read More](#)

SEPT 13

USC Day

USC Day is a day to learn all about your Students' Council here at Western. Stop by to speak to our student leaders, learn about our services, and meet the Goose!

[Read More](#)

[See All Events](#)

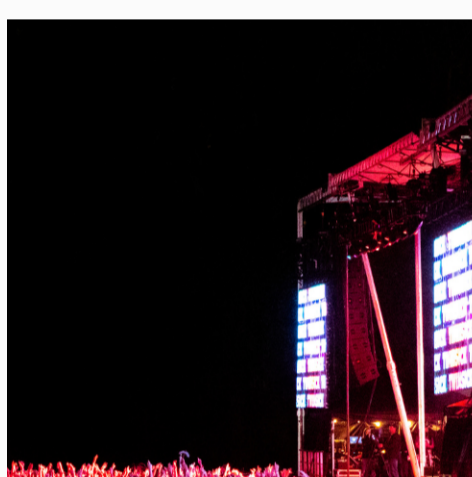
Campus Life

PHOTO SPOTLIGHT



Pictured: Our New Student Experience Leaders. This mighty team worked hard all summer supporting incoming Mustangs to feel confident before starting at Western. If you see these friendly faces on campus, be sure to say hi!

THRIVE ONLINE



Read our latest [Thrive Online](#) blog, where Kitt shares his advice & experiences with OWeek from his time at Western, as both a new student, soph and as part of the cheer team!

WESTERN WELLNESS

Our [Health & Wellness](#) team in Thames Hall is here to support you! Whether you're looking for a physical health appointment or counselling services, we've got you covered. All appointments for Western Health and Wellness services are free of charge and can be booked by calling 519-661-3030. If you are in need of immediate support, contact our team to book a same-day crisis appointment, available Monday - Friday until 4:30 p.m. After-hours [crisis support](#) can be found on the Health and Wellness website.

[Togetherall](#) is now available to all Western students. This online peer-to-peer global mental health site is monitored 24/7 by licensed clinicians, empowering individuals to easily and anonymously connect with others with shared lived mental health experiences in a safe and inclusive space.

MUSTANGS MINUTE

It was a successful start to the Western Mustangs season this past weekend, with Women's Rugby taking the win in their season start on the road (vs McMaster Marauders) and our Mustangs Football team (vs McMaster Marauders) and Men's and Women's Soccer teams (vs Guelph Gryphons) all winning their season home openers. For more info, follow [@WesternMustangs!](#)

Western students get into all regular season home games (on campus) for free with a valid Western ONECard. See our full Western Mustangs composite sports schedule [here](#) to see what's happening this week and come cheer on your Mustangs.

Western HOCO is coming up quickly! Flag it now, our Western Mustangs Homecoming Football Game will be on Saturday, September 23 at 1:00 p.m.

GET INVOLVED

- [Career Workshops](#) - Learn about career-related topics including developing a strong resume and cover letter, how to network effectively, setting up your LinkedIn profile, and more!
- [EDI Certificate Programs](#) - Promote Inclusivity, Impress Employers, and Drive Positive Change - Experience transformational learning with the Office of Equity, Diversity, and Inclusion's FREE certificate programs: the Anti-Racism Foundations Certificate Program and the Anti-Oppression Certificate.
- [Employer Information Sessions](#) - Employers are already recruiting for Summer 2024 and beyond, and they want to meet you! Check out the organizations hosting events this month.
- [Learning Development & Success Presentations](#) - Start the term off strong with presentations on topics including strategies for academic success, time management, and effective learning in STEM courses.
- [Learn2Thrive](#) - If last academic year wasn't your best, check out our Learn2Thrive to develop strategies to thrive both academically and personally.

STUDENT LIFE

- [USC Clubs](#) week is just around the corner, prepare by checking out the clubs list from last year.
- [Intramurals](#) - Registration for intramurals opens this *Thursday, Sept 7 at 8 a.m.* Meet new people, enjoy friendly competition with a fun community, and learn a new skill. No sports experience required. League space is limited, and registration is first come, first serve. Wait-lists also available if your desired sport is full.
- [Western Mustangs Open Team Tryouts](#) - Interested in being on a Western Mustangs varsity sports team or club? Now is your chance! Open tryouts are posted on many of the Mustangs team pages or follow Western Mustangs on social media channels.
- [Western Campus Rec](#) offers a variety of programs for all skill levels and abilities, including Recreational Sports Clubs, Group Fitness, Aquatics & First Aid, Intramurals, Drop-In Sports, and much more. Visit us in the Western Student Recreation Centre for a workout, class or program. Visit our [Orientation page](#) for more information.

IMPORTANT DATES

- **Sept 7:** Fall/Winter term classes begin!
- **Sept 8:** Deadline to apply for Autumn Graduation
- **Sept 15:** Last day to add or drop a full (1.0) course, a first-term half (.05) course, a first-term full (1.0) course, or a full-year half (0.5) course. **Courses dropped by this date will not appear on a transcript, no fee penalty.*

HOT TAKE

With the start of the new school year, we know you'll be hitting up The Spoke for a bagel.

So our hot take question is which bagel is better?

Jalapeno Cheddar or Asiago Sourdough

[Vote Now](#)

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