



What's Up Western Grad Students

Your Monthly Student Newsletter | October, 2024

Attend the hirewesternu Career Fair on October 8 & 9!

Meet with more than **120 employers** on October 8 and 9 from **10 a.m. to 3 p.m.** in the **Mustang Lounge (UCC)**. Attending employers are excited to share the full-time, part-time, and work integrated learning opportunities in their organizations.

The Career Fair takes place over two days to allow for larger pathways and greater access to employers which we hope will improve the experience for all attendees. The fair is open to all Western students, as well as alumni and London community members. No registration is required.

Check out who's attending and discover tips to help you prepare!

[More Details](#)

Events on Campus

Oct 9

Ethics Workshop

Western Education's Research Office, in collaboration with Western Ethics, is pleased to invite you to an Ethics Workshop, open to everyone interested in learning about the Ethics Application process and related topics. Ethics Officer Trevor Bieber will lead the session, which will include an informative overview followed by a Q&A segment.

[Register](#)

Oct 10

World Mental Health Day

Join the USC and Wellness & Well-being for World Mental Health Day! Stop by the Mustang Lounge from 10 a.m. to 2 p.m. for FREE activities like a petting zoo, bracelet-making, vision boards, and tons of giveaways, including student planners and sensory water bottles.

[Learn More](#)

Oct 10

Sustainability Fair

Connect with groups at the Sustainability Fair on Thursday, October 10 from 2 to 3:30 p.m. in the Weldon Library Community Room. Explore outreach booths to join a club, volunteer, participate in upcoming events, and win prizes.

[Learn More](#)

Oct 22

Therapy Dogs

The St. John Ambulance Therapy Dogs are back! De-stress with your favourite pups on Tuesday, October 22 from 1:30 to 3 p.m. in the Weldon Community Room.

[Learn More](#)

Oct 23

Intro to Your Strengths

Discover how to leverage your unique talents at Western and beyond by joining the Intro to Your Strengths Workshop on October 23 from 12:30 to 1:30 p.m.

[Register](#)

Oct 23

Locating and Analyzing Newspapers

Join us for a virtual workshop on Oct 23 from 1 to 2:30 p.m. to explore how to locate and analyze newspapers for research, from contemporary to historical sources in libraries, archives, and online.

[Register](#)

Oct 29

Graduate & Professional School Fair

If you're considering pursuing further education, check out the Graduate & Professional School Fair in the Mustang Lounge (UCC) from 10 a.m. to 3 p.m. Meet with reps from 90+ institutions and discover your options.

[Learn More](#)

Oct 30

Diversifying Citations (and Perspectives)

Join us virtually on Oct 30 from 10:30 a.m. to 12 p.m. for a workshop on analyzing racial bias in reference lists and developing more inclusive citation practices, exploring how to discover diverse perspectives in academic research.

[Register](#)

[See All Events](#)

Campus Life

WESTERN NEWS: How professional sports could influence politics



MLB team the Baltimore Orioles host a Pride Night during the regular season. (Wikimedia Commons)

Professional sports have long shaped and reflected societal changes, serving as both a mirror and a driver of political attitudes. From integrating leagues during the Civil Rights Movement to engaging with social justice causes today, sports continue to play a significant role in influencing how we view key issues. This article delves into how sports fandom can shape identity and impact political perspectives in surprising ways. Read more to explore the powerful connection between sports and politics.

[Read Full News Story](#)

INSPIRING MINDS: Bahareh Kheiri



Bahareh Kheiri, MSc candidate in Epidemiology and Biostatistics at the Schulich School of Medicine & Dentistry, shares her research on improving the reliability of pragmatic trials by exploring how missing data can affect study outcomes. By simulating various missing data patterns, her work aims to determine the point at which data loss significantly impacts research validity. This research will help establish guidelines to enhance the quality of medical trials.

[Read More](#)

GET INVOLVED

- **Interested in volunteering in the London community?** Join the [Western Serves Network listserv](#) to be alerted to upcoming opportunities!
- The Office of EDI is currently recruiting Western University students and staff to participate in a research study examining the effectiveness of the [Anti-Racism Foundations Certificate Program](#). If you choose to participate in this study, you will be asked to complete the certificate program and two surveys (one before and one after the program) about your knowledge of diverse cultures, inclusion concepts/behaviours, and allyship. Participants will have the opportunity to be entered into a draw to win one of five \$100 gift cards to amazon.ca! [Click here to participate](#).
- **Standard First Aid and CPR-C** courses are available at Western this Fall! Register now for comprehensive first aid, CPR, and Automated External Defibrillation (AED) training. Upcoming course dates: Oct 26/27, Nov 16/17, Nov 30/Dec 1. Space is limited!
- **NEW Advanced Figure Skating** - Western Campus Recreation now offers a program for advanced skaters only! Work on jumps, spins, and footwork—no helmets required. However, no personal music, or pairs/groups (synchro) skating allowed. Must have a Skate Canada Membership and Star 5 Skills to register.

GRAD STUDENT LIFE

- **SOGS Wellness Week** is coming at the end of October! Stay tuned to [@westernsogs](#) on social media for details and ways to get involved.
- Join the **Writing Support Centre** this month for seminar series on [Writing Foundations](#) and [Writing in the Disciplines](#).
- October is **Cyber Security Awareness Month**! Western #CyberSmart will be sharing tips and tricks to stay safer online on our Instagram [@westerncybersmart](#) all month long.
- Hitting the gym and unsure how to use the equipment? Check out Western Campus Recreation's [Equipment Guide Video Tutorials](#) for easy step-by-step guidance on how to use the equipment at the Western Student Recreation Centre (WSRC).

WESTERN WELLNESS

The Health & Wellness team is offering several group care sessions this fall, where students can connect, share experiences, and learn new skills to support their well-being. Here are a few upcoming groups:

- **Relationship Basics** - This 4-week group focuses on learning how to form the meaningful and fulfilling relationships that you want. Students can discuss all types of relationships whether with friends, romantic/sexual partners, or more casual hookups. *This group is for female & non-binary identified students.* Running weekly on Wednesdays starting October 23 from 1:30 to 3 p.m. in Thames Hall Rm. 3172. Register now by emailing health@uwo.ca.
- **Grief Loss and Support** - This 6-week group aims to create a safe, nurturing and non-judgmental space to help process the loss of an individual through emotional support, connection, validation and education around the grieving process. Running weekly on Thursdays starting October 24 from 2:30 to 4 p.m. in Thames Hall Rm. 3175. Register now by emailing health@uwo.ca.

Explore our [Group Care website](#) to see all groups offered this term.



The Mustangs have four teams ranked in the U SPORTS National Top 10! Women's Cross Country sits at #2, Women's Soccer is #3, Football is #4 and Men's Cross Country is #4.

Western students get into all regular season home games (on campus) for free with a valid Western ONE Card.

Some exciting upcoming home games include:

- **Mustangs Men's Hockey HOME OPENER** on Thursday, October 10 at 7 p.m. vs Brock Badgers at Thompson Recreation Athletic Centre (TRAC)
- **Mustangs Men's and Women's Soccer** play on Friday, October 11 at 6 p.m. (W) and 8:15pm (M) vs York Lions & on Sunday, October 13 at 1 p.m. (W) and 3:15 p.m. (M) vs Guelph Gryphons – all at Western Alumni Stadium
- **Nxt Gen Mustangs Football Game** is on Saturday, October 19 at 1 p.m. vs Windsor Lancers at Western Alumni Stadium. Last regular season home game before the playoffs!

Check out the full Western Mustangs sports schedule to see what's happening every week and come cheer on your Mustangs!

[Sports Schedule](#)

For more info, follow [@WesternMustangs](#).

OWN YOUR FUTURE

Upcoming Workshop: Dissertation Writers' Retreat

Remove yourself from daily distractions and focus your time exclusively on dissertation writing! The Dissertation Writers' Retreats provides PhD candidates with dedicated time for intensive writing. Participating in the Retreat can help you make significant progress in writing your dissertation and help establish good writing habits.

Coffee, tea and snacks will be provided in the morning and afternoon, along with lunch at the Grad Club. Please make every effort to clear your calendar and commit to attending the full retreat.

Date: October 28 & 29, 2024

Time: 9:30 a.m. to 4:00 p.m.

Location: SGPS Classroom - IGAB N105

[Register Now](#)

IMPORTANT DATES

- **Oct 15:** Due date for second installment of fall term tuition for those paying in 2 installments.
- **Oct 23-25:** [Autumn Convocation](#)
- **Oct 30:** Last day to provide proof of Permanent Residency to have fall term tuition fees reduced to the domestic rate.
- **Oct 31:** Last day to withdraw from a graduate course beginning in the fall term without academic penalty. Students who drop after this date will receive an F on their transcript.

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



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