



Happy Reading Week, Mustangs!

You've made it halfway through the Winter term—great job! Whether you're catching up on coursework, taking a breather after midterms, or a little bit of both, we've got you covered.

Many of our supports, services, and programs remain available during Reading Week, including academic resources, career guidance, wellness services, campus recreation and exciting Mustangs playoff action. Be sure to check out [Student Experience's website](#) for everything you need.

If you're staying in London, we've rounded up some local events to help you recharge and make the most of your break. For even more things to do, visit [Tourism London](#).

Enjoy the week—whether you're studying, relaxing, or exploring!

Student Experience Supports

Upcoming Events

Feb 21

The Twilight Saga: New Moon

See The Twilight Saga: New Moon at Hyland Theatre on Friday, February 21 at 9 p.m. Check out this interactive movie experience - cheer & shout your favourite lines, or dress up as your favourite character!

Twilight Tickets

Feb 23

London Multi-Vendor Expo

Visit Centennial Hall on February 23 from 10 a.m. to 3 p.m. Over 80 tables of some fantastic products and services. You never know what you will find at the Expo. Free parking and admission. Come, shop and enjoy!

Expo Info

Feb 25

Learning Workshop: Catching Up

Prioritizing rest over the break? Learn how to catch up in your coursework without burning out in this interactive workshop.

Register for Workshop

Feb 25

Discover Personal Training: Info Session & Exclusive Tour

Learn how personal training can help you reach your fitness goals! Join us on Tuesday, February 25 at 6:30 p.m. for a guided tour of the WSRC weight rooms, insider tips from a certified trainer, and a chance to win 2 free sessions.

Personal Training

Feb 26

Western USC Presents Wave Wine Tasting

Sip, savour, and unwind with four expertly selected wines, a delicious charcuterie plate, and an exclusive sommelier-guided tasting experience in the cozy Break Lounge at The Wave!

Wine Tasting Tickets

Feb 26

Being Black with a Purpose

Join the Office of Equity, Diversity and Inclusion for an inspiring and thought-provoking conversation with Sunday Ajak, a Western alum, a former University Student Council (USC) President and current Business Advisor at the Western Morrisette Institute for Entrepreneurship.

More Info

See All Events

Campus Life

TOURISM LONDON: Six Unique Ways to Stay Active this Winter in London



Looking for ways to stay active over the winter months? Tourism London shares six ideas to get you moving over the break.

See Winter Ideas

GET INVOLVED

- **Elect your next provincial representative!** Today is the last day to register to vote, and election day will be February 27. Find your nearest polling station and come get to know the candidates for London North Centre on Monday, February 24 at the Wave. If you are planning to vote in your London riding, be sure to check out the [Western Votes website](#) for more information about how to provide proof of residence in London.
- Join **Shaping Sustainability Priorities: A Campus Conversation** virtually on March 7 from 1:30 to 3:30 p.m. to learn about what we've heard through campus consultations so far, and share your input to continue shaping our climate and sustainability priorities on campus.
- Learn how you can gain valuable experience and develop your transferable skills through the [Western Peer Leader program!](#) Recruiting now for Summer 2025 and Fall/Winter 2025-26.
- Did you know? All undergraduate students can choose to engage in **Western's signature experiences**: education abroad, entrepreneurship, project based learning, research, and work integrated learning. Visit [experience.uwo.ca](#) to explore the possibilities.
- **Employers are hiring now for Summer 2025 roles** (and beyond)! Check out available postings on [Western Connect](#).
- **FREE Self-Defense classes.** Participants will learn practical defensive techniques that require no special skills. This program will allow women to be more aware of their surroundings. Many different session dates are available and classes take place on campus. [Register today!](#)

STUDENT LIFE

- **April exam schedules are now live!** Visit [myexams.uwo.ca](#) to view your schedule.
- Looking for support with your studying? **Attend a Study Zone session!** These 2-hour study sessions feature the Pomodoro Method (a structured time management strategy) and free snacks. [See dates/times.](#)
- **Learn tips for writing in specific disciplines** with the Writing Support Centre's seminar series next week.
- Join the Move Your Mood initiative with [FREE weekly yoga and meditation classes](#)—no experience needed! Mats and equipment are provided; just bring yourself and a positive attitude. Space is limited, and registration is first-come, first-served for a single week and class type. Don't miss out!
- **Intramural Ice Hockey Tournament Registration is open now!** A friendly yet competitive environment for all players who want to improve their ice hockey skills and/or prove that they have what it takes to win the Purple Shirt. Thursday, March 27 to Sunday, March 30. All Teams make playoffs and are guaranteed at least three games. Location: Thompson Arena.
- **Western Campus Recreation** will have slightly adjusted hours during [Reading Week](#). Come and check us out – we offer a wide variety of programs for all skill levels and abilities, including Group Fitness, Aquatics, Intramurals, Recreational Sports Clubs, Drop-in Sports, and much more. Check out our video tours, self-guided walking tours, and our equipment usage videos. For more information on all of this and more, visit our [Orientation page](#).

THRIVE ONLINE: Think You're Safe Online? Cyber Violence Experts Say Otherwise - and Offer Tips!



Think you're safe online? Minelle, a Western Technology Services (WTS) Intern, shares key tips on recognizing and protecting yourself from Cyber Violence, including sextortion, doxxing, and stalkerware. Learn how to stay safer and take control of your digital security in the latest Thrive Online blog.

Read Minelle's Blog

WESTERN WELLNESS

Roots of Rest: Free Succulent Planting Workshop
Relax and learn about the benefits of rest while planting your own succulent. All supplies provided - pot, paints, soil, and a succulent plant! Open to all Western students. March 6 at 2 p.m. & March 19 at 5 p.m. Limited spots—[register now!](#)

Free Group Wellness Sessions
Join small, supportive group sessions to build skills, share experiences, and connect with peers. Groups include: Coping Well: A 4-Week Skills Group; Grief and Loss Support; Journey Together: Sharing our Lived Experience (for Black & Racialized students); Queer Connections; Relationship Basics (for female & non-binary identified students); and Group for International Students. [Sign up today!](#)

Western Health & Wellness Services offers an appointment-based medical clinic for ALL registered part-time and full-time students at Western and provides an array of services including Medical Care, Counselling & Psychiatry, Birth Control Information, Allergy Injections & Immunization, COVID-19 Vaccination and Testing, Flu Shots, Sexually Transmitted Disease Testing, HPV Vaccine (FREE* for a limited time), Trans Care Team and Dietitian Services.

Visit Wellness & Well-being

MUSTANGS MINUTE

Congratulations to Mustangs Men's and Women's Squash teams on coming in *1st* in the province and winning the Ontario University Athletics (OUA) Championship Banner. The Mustangs Men's team won for an impressive 41st year in a row, continuing their dominant run; and the Mustangs Women's team also won for an incredible 15th time in their program history. Several individual awards were also won by members of the teams, including OUA Co-Coach of the Year for Tom Panabaker, Women's Squash!

The Mustangs Cheerleading Team are national champions for the 37th time! They dominated at the 2025 Power Cheerleading Athletic (PCA) National Collegiate Championships winning the Large Coed Premier Division.

Several other Mustangs teams had very notable performances at their provincial championships as well. [Read the full article](#) for details!

Home Playoff games start this week in Basketball, Hockey and Volleyball!

- **Western Women's Volleyball** Quarterfinal vs Windsor on Friday, February 21 at 7 p.m. at Alumni Hall
- **Western Men's Basketball** are West Division Champions and get a bye through to their Quarterfinal on Saturday, February 22 at 7 p.m. at Alumni Hall
- **Western Men's Hockey** vs. Lakehead Round #1. Game #2, is on Saturday, February 22 at 3 p.m. at Thompson Arena

The first 100 students that reserve a ticket online receive [FREE admission](#) to each home playoff game. Once the promotion is sold out for each game, remaining student tickets will be available online for \$5 per ticket. Students must have a valid Western ONECard to claim the discount and use the ticket.

Sports Schedule

Want to see some behind the scenes action by the teams, follow Western Mustangs on TikTok [@WesternMustangs](#)

IMPORTANT DATES

- **Feb 19:** Summer Term Activation and access to course registration will be available through Student Center
- **Feb 28:** In Absentia Convocation

See More Dates

HOT TAKE

Reading week so far? Relaxed and recharged or Stressed and still catching up?

Vote Now

Results from last poll: Midterm prep strategy: Would you rather start studying early or cram last minute?

Start Studying Early 58%

Cram Last Minute 42%

Have feedback or want to share your story? Email us at [WhatsUpWestern@uwo.ca](#)



Western University 2025
1151 Richmond Street, London Ontario, N6G 3K7