



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 7-11 Writing Foundations Join the Writing Support Centre for seminars this week on topics including crafting a thesis statement, editing and proofreading, and more. Learn More	Oct 8-9 hirewesternu Career Fair Meet with more than 120 employers hiring for part-time, full-time, and work integrated learning opportunities at the hirewesternu Career Fair, taking place in the Mustang Lounge (UCC) on October 8 and 9 from 10 a.m. to 3 p.m. Learn More
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


Reading Week Events in London

Oct 18 The Abandoned Village Kick off spooky season with a thrill! Explore the eerie Abandoned Village haunted houses on Friday, October 18, from 7 to 9 p.m. Brave the chills and thrills for just \$35—are you ready to face your fears? More Info	Oct 19-20 Forest City Film Festival The Forest City Film Festival returns to London showcasing top cinema, music, and culture. With a diverse lineup, including the Opening Night and a Lifetime Achievement Award for Victor Garber, FCFF offers something for every film lover. Special student rates available! More Info
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[See All Events](#)

Campus Life

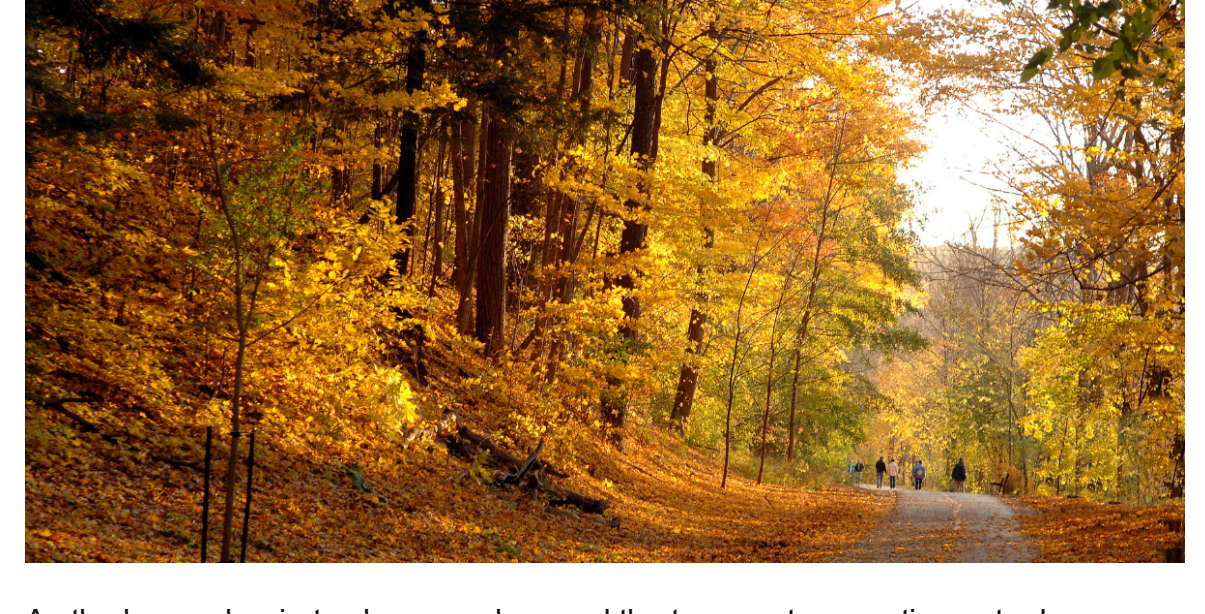
PHOTO FEATURE: HOCO 2024



It was an unforgettable Western HOCO 2024! The Student Fan Festival was packed with purple and the free food trucks were amazing. To make the day even better the Western Mustangs Football team celebrated a victory. Check out our photo album! Spot yourself? Download your favourite pictures!

[View Photos](#)

TOURISM LONDON: 5 Hikes to Keep You Active this Fall



As the leaves begin to change colour and the temperature continues to drop, now is the perfect time to get some fresh air and exercise while enjoying all of the beautiful trails that London, Ontario has to offer!

[Read Blog](#)

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.

MUSTANGS MINUTE

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](#).

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.

STUDENT LIFE

- Get ready for exams.** The [December exam schedule](#) will be live by October 8. Make sure you know what steps to take if you need to request [academic consideration](#), or if you have an [exam conflict](#).
- Visit the [Peer Assisted Learning \(PAL\) Centre](#) for course-specific help from upper-year students who have succeeded in your courses.
- 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).

IMPORTANT DATES

- Oct 12-20:** Fall Reading Week
- Oct 14:** Second installment of [tuition fees due](#) for graduate students
- Oct 23-25:** [Autumn Convocation](#)

[See More Dates](#)

HOT TAKE

What's more nerve-racking when job hunting?

- Job interviews
- Networking with professionals
- Submitting your resume
- Following up after an interview

[Vote Now](#)

Results from our last poll: What's got you most hyped for Homecoming Weekend?

Mustangs on the Field 6%
Free Food 46%
Time with Friends 13%
All of the Above 35%