

Kicking off the Fall term!

Welcome to What's Up Western—your go-to guide for campus life, news and events! Stay connected with our bi-weekly emails to keep up with everything happening on campus.

First years, we hope you had an amazing OWeek2024! As you dive into your coursework, remember that Western offers a range of supports to help you throughout your academic journey. Visit the Student Experience website to learn more!

Visit StudentExperience.uwo.ca

Events on Campus

Sept 5-26

Riverfest 2024

Riverfest returns for its third year at Western! Throughout the month of September, take part in events that celebrate and connect with Deshkan Ziibi (Thames River), an integral part of Western's natural heritage. Coorganized by the Indigenous Students' Association, Indigenous Student Centre and Western Sustainability.

Learn More

Sept 11-12

Global Village @ The Beach

There are a multitude of cultural clubs within the USC's club system, and many more throughout campus. For students looking to connect, or learn about other cultures check out Global Village @ The Beach, which will feature different cuisines, artwork, performances, and a special Fusion Night at The Wave on September 12.

Follow USC

Sept 19

Therapy Dogs

Save the date! Therapy Dogs are back every month this year, starting with Thursday, September 19 from 1:30 to 3:00 p.m. in the Weldon Library Community Room. Drop by to de-stress and see your favourite pups!

More Info

Campus Resources

Sept 10

Fair

Join us for the Campus Resources Fair on Tuesday, September 10 between 10 a.m. and 3 p.m. in the UCC Atrium to learn about resources available to support you during your time at Western.

Learn More

Sept 12

The Concert Season Begins!

Join us at the Don Wright Faculty of Music for 350+ FREE concerts and recitals that take place between September and April. Check out the Fridays at 12:30 p.m. Concert Series, Opera at Western and more! All are welcome to attend.

Check it Out

Sept 23

NDTR Flag-Raising Ceremony

All are invited to wear an orange shirt and join the Office of Indigenous Initiatives at 10 a.m. on Monday, September 23 at Concrete Beach for the annual Orange Shirt flag-raising ceremony recognizing the upcoming National Day for Truth & Reconciliation on September 30.

More Info

See All Events

Campus Life

PHOTO FEATURE: OWeek 2024



welcomed the incoming class to Western! Follow @westernustudentexperience on Instagram to check out the full OWeek photo album, dropping later this week! Follow SE on Instagram

in Sports & Rec on Campus

THRIVE ONLINE: A Guide to Getting Involved



intramurals to group fitness classes and more. Check it out! Read Emma's Blog

The Health & Wellness team in Thames Hall is here to support you! Whether you're looking for a physical health appointment or counselling services, we're here to help. All appointments with Western Health & Wellness Services are free of charge and can be booked by calling 519-661-3030. Register with the clinic so you can book follow-up appointments online. After-hours crisis support can be

Emma breaks down all the Sports & Rec opportunities on campus, from

WESTERN WELLNESS

found on the Health & Wellness website.

Group Care & Workshops

There are a number of mental health support groups and workshops offered this term, covering a range of topics: Coping Well, Queer Connections, Relationship Basics and more! These mental health groups and workshops offer a safe, affirming space for students to come together and discuss the issues impacting their well-being and

ability to thrive as a student. Counsellors will facilitate, provide support and

suggest strategies during sessions. Visit the <u>Group Care & Workshops webpage</u> for more information and to register! MUSTANGS MINUTE

It has been a successful start to the season for your Western Mustangs. Come out

and cheer on your Mustangs at home this week: Men's Lacrosse: Friday, Sept 13 at 8pm vs McMaster at Alumni Field

 Men's and Women's Soccer: Sunday, Sept 15 at 1 p.m. and 3:15 p.m. vs McMaster at Western Alumni Stadium Women's Rugby: Sunday, Sept 15 at 4 p.m. vs York at Alumni Field

- Mark your calendars: Western HOCO is coming up quickly! The Western Mustangs Homecoming Football Game is on Saturday, September 28 at 1:00 p.m. The Student Fan Festival is also returning from 11:00 a.m. to 4 p.m. with over 20
- FREE food trucks, giveaways, live entertainment and more! See our full Western Mustangs sports schedule to see what's happening every week and come cheer on your Mustangs!

Western students get into all regular season home games (on campus) for FREE with a valid Western ONECard. For more info, follow @WesternMustangs.

GET INVOLVED • Registration for Intramurals is now open! Meet new people, enjoy friendly competition with a fun community, and learn a new skill or play a sport you

Sports Schedule

close to 200 clubs on campus, there's something for everyone. Check out the USC website for a sneak peek of who might be there! A low-sensory clubs session will also be available on September 19 from 10 to 11:30 a.m. (registration is required, space is limited). Sign up here! Questions? Email

info@westernusc.ca or DM @westernusc.

is first-come, first-served. Wait-lists are also available if a sport is full.

enjoy. No sports experience required. League space is limited, and registration

Drop by Clubs Week September 16-20 in the UCC from 10 a.m. to 4 p.m. With

Clubs provide instruction and skill development, student leadership opportunities, and/or competition. They are designed to enhance the Western student experience and promote life-long learning and appreciation for physical activity, leadership and service. Western Mustangs Open Team Tryouts - Interested in trying out for a Western Mustangs varsity sports team or club? Now is your chance!

• Registration for Recreation Sport Clubs will open on September 16. Sport

STUDENT LIFE Have you logged in to OWL Brightspace, Western's new learning hub for all

vour academic courses? Check out the new space for a user-friendly and accessible learning experience with better tools to help you succeed in your studies! P.S. You can still access the old OWL Sakai to complete your Western-

required training. Head over to owl.uwo.ca to check it all out!

- Start the term off strong with <u>Learning Development & Success</u> **presentations** on topics including time management, using your course materials strategically, and studying for midterm exams. Connecting for Climate Change Action blends storytelling with Western and Indigenous sciences to inspire students to act on climate change. Register now
- Learn about career-related topics including developing a strong resume and cover letter, personal branding and more with our **Career Workshop series**. **Employers are already recruiting** for Summer 2025 and beyond, and they

for the next course, running from Sept 16 to Dec 16, 2024!

 Upgrade your LinkedIn profile with <u>free professional headshots</u> available now in the Careers & Experience office! Available Monday to Friday from 8:30 a.m. – 4:30 p.m. in UCC 210.

want to meet you! Check out the organizations hosting events this month here.

IMPORTANT DATES

Sept 13: Last day to add or drop a full (1.0) course, a first-term half (0.5) 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. Courses dropped after this date will appear on a transcript with a grade of 'WDN' (withdrawn, without academic penalty)
- **Sept 16:** Deadline to apply for relief against a final grade in a Summer Day course
- Sept 30: National Day for Truth and Reconciliation (observed as a noninstructional day at Western)

See More Dates

HOT TAKE

As the new school year kicks off and you dive into your studies, we want to know: Are you a early bird or a night owl when it comes to getting things done?

Early Bird or Night Owl Vote Now