



Student Fan Festival & Western HOCO this weekend!

Don't miss your Western Mustangs Football team take on the Queen's Gaels for Homecoming Weekend this Saturday, September 28 at 1 p.m. Head over to the East Gates at Western Alumni Stadium early to check out the **Student Fan Festival**, running from **11 a.m. to 4 p.m.** with 20+ FREE food trucks, entertainment, giveaways and a photo station.

Start your Western Hoco off with a **free pancake breakfast** at Concrete Beach (outside the UCC) from 9 to 11 a.m. thanks to Western Alumni and the USC.

Admission to the Student Fan Festival and Homecoming football game is FREE for all Western students at the East Gate, just bring your Western ONECard for entry!

[More Details](#)

Events on Campus

Sept 24

USC Day

Discover all the amazing things the USC can offer you beyond events! From essential services and advocacy to peer support programs and more. Swing by USC Day on Tuesday, September 24 from 10 a.m. to 3 p.m. at Concrete Beach to learn more.

[Follow USC](#)

Sept 26

Dreamcatchers for Nokee Kwe

Learn about Indigenous culture and the significance of dreamcatchers while creating one for the community and one to take home. Drop by UCC 146 from 4 to 7 p.m.

[Register](#)

Sept 27-28

Grand Opening & Homecoming Party

Celebrate the Grand Opening of the new Ronald D. Schmeichel Building for Entrepreneurship and Innovation. Building tours, prize draws, music and more! Learn more & register for the grand opening events.

[Register](#)

Sept 28

Student Fan Festival & Homecoming Football

Kick off HOCO with the Student Fan Festival, running from 11 a.m. to 4 p.m. Over 20+ food trucks, entertainment and of course - your Western Mustangs Football team take on the Queen's Gaels at 1 p.m. FREE for all current Western students!

[More Info](#)

Oct 1

Intro to Strengths

Join us on Tuesday, October 1 from 12:30 to 1:30 p.m. in UCC 147A for Intro to Strengths! Discover how to leverage your unique talents at Western and beyond. Access to the CliftonStrengths assessment is provided with registration to this workshop.

[Register](#)

Oct 2

Roots & Recognition - Men's Lacrosse Game


Join us for a special event in honour of National Day for Truth and Reconciliation. On Wednesday, Oct 2 at 8:00 p.m., the Mustangs Men's Lacrosse team will face Laurier on Mustangs Field. The event celebrates the Indigenous roots of lacrosse and will include a performance by the Eagle Flight Singers, community speeches, and a free learn-to-play lacrosse session at 6:30 p.m. led by the Western Women's Lacrosse team.

[Lacrosse Schedule](#)

[See All Events](#)

Campus Life

PHOTO FEATURE: OWeek 2024



Our Orientation Week 2024 photo album has officially dropped! Check out all the photos, spot yourself in the crowd and download your favourites. Don't forget to tag us when you share!

[View Photos](#)

WESTERN NEWS: 'Survivor' winner pursues medical school at Western



Marianne Oketch, winner of *Survivor* 42. (Photo Source: Robert Voets/CBS)

As the winner of *Survivor* season 42, first-year Schulich School of Medicine & Dentistry MD student Marianne Oketch is using lessons of perseverance and resilience from the show to help her become a physician.

[Read More](#)

WESTERN WELLNESS

Mental Health Workshops

Health and Wellness Services are offering four workshops this fall. These workshops will provide helpful information and tips on important mental health topics. They are designed to give students skills and strategies to better understand and manage what they're going through. Check out the workshops:

- Creative Kindness: Embracing Ourselves through Art** - This drop-in series explores the power of art as a tool for self-compassion and community connection. Join us for the first workshop on Friday, September 27 from 2 to 4 p.m. in Thames Hall 3186. No registration or art experience necessary.
- Level Up: Substance Use Smarts** - This workshop covers substance use and harm reduction strategies to help students understand their habits and make safer choices. This workshop runs once a month starting on Tuesday, September 24 from 3:30 to 4:30 p.m. in Thames Hall 3172.
- Relationship Basics (for male-identified students)** - This workshop focuses on reflection and skills to help improve all types of relationships, from friendships to romantic and professional connections. Runs monthly on Fridays from 10 to 11:30 a.m. in Thames Hall 3172. First session is September 27!
- Anxiety 101** - This 90-minute workshop explores the functions of anxiety, its sources, and effective coping strategies in a concise, focused format. This workshop runs once a month on Wednesdays starting October 9.

Register to join a workshop by emailing health@uwo.ca. Learn more by visiting our website uwo.ca/health. Counsellors will facilitate, provide support and suggest strategies during these sessions.

MUSTANGS MINUTE

Several Mustangs teams remain undefeated so far this season including: Men's Rugby and Women's Soccer. Check out some upcoming games:

- Homecoming Football Game on Sat, Sept 28 at 1 p.m. vs Queen's Gaels at Western Alumni Stadium. Doors open for Fan Fest at 11 a.m.
- Softball plays Sat, Sept 28 – 2 p.m. and 4 p.m. vs Guelph Gryphons; and Sun, Sept 29 – 11 a.m. and 1 p.m. vs the Laurier Golden Hawks at Stronach Arena
- Baseball OUA Championships are happening Oct 4-5 at Labatt Park (downtown stadium) and Dan Pulham Field

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

[Sports Schedule](#)

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 [Recreational Sport Clubs](#) for 2024-25 is now open. Rec Sport Clubs provide instruction and skill development, student leadership opportunities and/or competition. They are designed to enhance the student experience and promote life-long learning and appreciation for physical activity, leadership and service.
- Standard First Aid and CPR-C** courses are available at Western this Fall! This Lifesaving Society course provides comprehensive training covering all aspects of first aid, CPR and Automated External Defibrillation (AED). [Registration is open now](#) for courses on the following dates: Oct 5/6, Oct 26/27, Nov 16/17 and Nov 30/Dec 1. Space is limited.
- Interested in becoming a Fitness Instructor?** [Register for our Fitness Instructor Training Course](#). This course is for people wanting to learn to teach group fitness classes with Western Campus Recreation at the Western Student Recreation Centre (WSRC). Registration for this course includes access to the apprentice program and uniform. Successful completion of this course will allow members to teach at Western Campus Recreation in the WSRC.
- Apply to work with Student Experience** as the Academic Orientation Coordinator or Community Engagement Student Coordinator, roles that support Orientation 2025 and beyond. [Applications close Sept 24](#) (search job IDs 36839 and 36838).
- Check out the [2024 Goodman Lecture Series](#) - an exciting 3-day talk on the fascinating history of rum and its relation to Canada.

STUDENT LIFE

- Midterm season will be here before you know it – learn some tips for optimizing your study strategies. Join the **Studying for Midterms and Exams** webinar on Tuesday, September 25 from 2 to 3 p.m. [Register here!](#)
- Gear up for your written assignments with [seminars from the Writing Support Centre](#) this week, including Understanding and Planning Your Written Assignments and Overcoming Writer's Block.
- The first [Learn to Lead summit](#) of the year is this Friday, September 26. Strengthen your leadership skills and earn recognition on your Co-Curricular Record.
- Having trouble with Office 365? Not sure where to turn for tech questions? WTS has your friendly campus resource for all things technology! Call the Helpdesk at 519-661-3800 or [submit a ticket](#).

IMPORTANT DATES

- Sept 30: National Day for Truth and Reconciliation (NDTR)** observed as a non-instructional day at Western. A campus wide commitment to observing NDTR is essential to 'advancing reconciliation with Indigenous communities', as mandated in *Towards Western at 150*. While NDTR is one day observed annually, the work of Truth and Reconciliation must be embraced daily to foster meaningful and lasting change. [Learn more here](#)
- Oct 2:** Live testing of Western's emergency weather siren and a campus-wide test of the mass notification system, AlertWesternU, will take place on Wednesday, Oct. 2 at 12 p.m. Unless otherwise notified, this is only a test. No action is required. Visit the [AlertWesternU website](#) for instructions on how to download the app and customize your settings.
- Oct 12-20:** Fall Reading Week

[See More Dates](#)

HOT TAKE

What's got you most hyped for Homecoming Weekend?

Mustangs on the field, Free food, Time with friends, or All of the above?

[Vote Now](#)

Results from our last poll: Are you an early bird or a night owl when it comes to getting things done?

Early Bird 36%
Night Owl 64%