

**Welcome back, Mustangs!**

We hope you had a restful Fall Reading Week. As you jump back into your studies and midterms, remember that Western offers plenty of [academic](#) and [wellness](#) supports to help you thrive. Plus, there's so much happening on campus this month—from exciting events and Mustangs sports playoffs to programs and resources. Dive into this issue of What's Up Western to stay in the loop!

### Events on Campus

**Oct 21-Nov 1**

#### EDIDA Awareness Month

Join the Office of Equity, Diversity and Inclusion at Western for events that will educate audiences on the importance of decolonization, the realities of racism, and disability rights, while facilitating multifaith discussions, celebrating our 2SLGBTQIA+ community, and shining a light on other equity-deserving groups.

[Learn More](#)

**Oct 22**

#### Therapy Dogs

Drop by for a visit with the St. John Ambulance Therapy Dogs in the Weldon Library Community Room on Tuesday, October 22 from 1:30 to 3 p.m.

[Learn More](#)

**Oct 23**

#### World Food Day

Celebrate World Food Day with the USC on October 23 from 11 a.m. to 3 p.m. in the UCC Atrium! It's important to us at the USC to talk about the issues impacting our students on campus, like food insecurity. Come out and learn about the resources we have available on campus, our advocacy for food insecurity and enjoy some free treats.

[Learn More](#)

**Oct 23**

#### Unlock the Future of Engineering with AI

Join us on Wednesday, October 23, from 6 to 8 p.m. for a hands-on workshop where you'll explore how artificial intelligence is transforming design processes and solving complex problems. Learn from our expert AI Peer Learning Ambassador and gain practical skills that will set you apart in your career. Don't miss out on this chance to elevate your projects and streamline your workflow!

[Learn More](#)

**Oct 24**

#### Global Café

Drop by Global Café for fun, food and friends. This weekly event is from 3 to 5 p.m. every Thursday in the IGAB Atrium. Global Café is a great place to meet people from around the world and learn about different cultures and experiences. Bring your friends or connect with new people—anyone is welcome to join in!

[Learn More](#)

**Oct 26**

#### Mustangs Football Playoff Game

The Western Mustangs Football team start their 2024 playoff journey on Saturday, October 26 at 1 p.m. vs McMaster Marauders at Western Alumni Stadium. Student tickets for Mustangs football playoffs are just \$10!

[Get Tickets](#)

**Oct 29**

#### Graduate & Professional School Fair

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

[More Info](#)

**Nov 4**

#### Diwali Gala 2024


Join us on Monday, November 4 at the Great Hall in celebrating the Festival of Lights. For only \$10, enjoy your favorite dishes, live performances and a door gift. Dress to impress in your traditional garments or formal wear.

[Get Tickets](#)

[See All Events](#)


### Campus Life

#### PHOTO FEATURE: World Mental Health Day



A big thank you to all the students who participated in World Mental Health Day! Acknowledging the complexities of mental health can be challenging, and we appreciate your openness. We hope you found the event to be a source of comfort and relaxation—and enjoyed spending time with those adorable bunnies!

#### THRIVE ONLINE: My Top 5 Study Spots on Campus



Looking for the perfect study spot on campus? Julian's got you covered! Check out his top five study locations in the latest Thrive Online blog.

[Read Julian's Blog](#)

### WESTERN WELLNESS

**Physical & Mental Health Appointments**

The Health & Wellness team at Thames Hall is here to support you! Whether you're seeking a [physical health appointment](#) or [counselling services](#), we're here to help. The clinic is open Monday to Thursday, 9 a.m. to 7 p.m., Friday, 9 a.m. to 4:30 p.m., and Saturday 9 a.m. to 1 p.m. Same-day, or next-day appointments are available. Health and Wellness Services offers both in-person and virtual sessions, so if you need support, don't hesitate—book your appointment today.

You can now book both initial and follow-up mental health appointments online! Simply register with the clinic to access the [online booking system](#).

**Virtual Trauma Informed Yoga**

Join this hour-long virtual yoga class with Kaitlin Robinson on Thursday, October 24 at 7 p.m. The class provides a space for participants to (re)connect and be safely present with their bodies and breath. [Register here!](#)

**Wellness Walks**

Take a break and get outside for some fresh air! Join us for an hour-long walk through the various trails and walking paths on campus every Thursday or Friday. If you can't commit to the full hour, no problem! There are opportunities along the route to return back to your studies. Email [Ben Souriol](#) to sign up for the wellness walk!

### MUSTANGS MINUTE

Congratulations to Mustangs Men's Tennis on coming in 1st in the province and winning the Ontario University Athletics Championship Banner over the Thanksgiving weekend.

Mustangs teams are in the PLAYOFFS!

- **Women's Soccer** playoff [Quarterfinal is at home this Wednesday, Oct 23 at 7 p.m.](#) vs the York Lions at Western Alumni Stadium. Admission is free!
- **Mustangs Football** start their 2024 playoff journey on Saturday, Oct 26 at 1 p.m. vs the McMaster Marauders at Western Alumni Stadium. [Student tickets](#) for Mustangs football playoffs are just \$10!
- **Men's Lacrosse** will play in their playoffs at home later this week.
- **Men's Rugby** will host their Semi-Final playoff game the first weekend of November.
- **Mustangs Men's Soccer** continue their playoff journey, qualifying for the Quarterfinals vs McMaster. They will play away on Wednesday at McMaster.

Your Mustangs currently have 5 teams ranked in the U SPORTS National Top 10 this week! Women's Cross Country is #1 in the Country! Mustangs Football moves to #3, Women's Soccer stays at #4, Men's Cross Country is #5, and Women's Rugby are #9.

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

[Sports Schedule](#)

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

### GET INVOLVED

- A few [Recreational Sport Clubs](#) still have some additional capacity and are welcoming new members. Looking to try a new sport or perhaps Aikido, Jump Rope, Kendo, Roundnet, or Wushu is your favourite already? Sign up today while spots are still available.
- Are you considering an **international exchange** as part of your degree? Come to an upcoming **info session** to learn more about opportunities to go to [Europe](#) (Oct. 24) or [Asia and Oceania](#) (Oct. 31). [Learn more!](#)
- Applications are open until October 31 for [CEOx1Day](#), which offers students the opportunity to learn from and network with some of Canada's top CEOs and their executive colleagues.
- Apply to join the Morrisette Institute for Entrepreneurship and Social Science Students' Council's **Quick Pitch Competition** taking place on November 15. Pitch your business ideas to a panel of judges for a chance to win the Grand prize of \$1,000! Applications are due October 31, [learn more & apply here](#).
- The [Western Sustainable Impact Fund](#) is now accepting applications until November 18. Learn more and submit your project today!

### STUDENT LIFE

- **The Starbucks in the UCC Atrium is officially open!** Stop by between 8 a.m. and 8 p.m. to enjoy a full range of beverages, fresh pastries, sandwiches, snacks and seasonal treats right in the heart of campus.
- Not on a meal plan? Save 13% tax every time you eat on campus with the new **Mustang Meal Plan!** Sign up by November 1 and receive a \$20 bonus credit to jumpstart your savings. Dine conveniently at over 20 food outlets and 8 residence dining halls, with the flexibility to top up your balance online anytime. Don't wait—[get the plan today!](#)
- Discover how to leverage your unique talents at Western and beyond with the [Intro to Your Strengths](#) workshop on October 23 from 12:30 to 1:30 p.m.
- **Get your resume, cover letter, CV and LinkedIn profile reviewed by a peer advisor!** Drop in to UCC 210 Monday to Friday from 10:30 a.m. to 12:30 p.m. or 1:30 to 3:30 p.m.
- Learn tips for [writing in specific disciplines](#) with the Writing Support Centre's seminar series this week.
- **WTS Support** - Can't get WiFi working on your phone? Having trouble with an OWL course? Not sure where to turn for tech questions? The WTS is your friendly campus resource for all things technology! Call the Helpdesk at 519-661-3800 or [submit a ticket](#).

### IMPORTANT DATES

- **Oct 23-25: Autumn Convocation**
- **Nov 30: Last day to withdraw from a full (1.0) course and full-year half (0.5) course** resulting in a grade of 'WDN' (withdrawn, without academic penalty).

[See More Dates](#)

### HOT TAKE

**Midterm season is here! What are your study must-haves?**

- Caffeine
- Quiet study space
- Study buddies
- Sleep

[Vote Now](#)

Results from our last poll: What's more nerve-wracking when job hunting?

**Job interviews 56%**  
Networking with professionals 30%  
Submitting your resume 5%  
Following up after an interview 9%