



Attend the hirewesternu Career Fair on October 21 & 22!

Meet with more than 100 employers on October 21 and 22 from 10 a.m. to 3 p.m. in the Mustang Lounge (UCC) and our new second location, the Grand Hall (SEI). 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!

Career Fair Info

Events on Campus

- Oct 1-31**

EDIDA Awareness Month

Deepen your EDI knowledge with two dynamic workshops that turn inclusion and courageous conversation into everyday practice.

EDIDA Awareness Month
- Oct 7**

Therapy Dogs

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

Therapy Dogs
- Oct 8**

World Mental Health Day Fair

Join Student Experience and the USC for a campus-wide day of connection, reflection, and well-being. Drop by the Mustang Lounge from 10 a.m. to 3 p.m. for free activities, games, a petting zoo and mental health resources.

World MH Day Fair
- Oct 9**

SOGS Study Hall

SOGS Study Hall is taking place on Thursday, October 9 from 10 a.m. to 12 p.m. at the Grad Club. Coffee and tea will be provided at this writing jam session. Come get some work done and meet other grad students! Register to join us!

SOGS Study Hall
- Oct 14**

Volunteer Fair

Drop by the Mustang Lounge from 1 to 4 p.m. to discover opportunities to get involved on campus and in the London community.

Volunteer Fair
- Oct 14**

Communication Skills for Graduate Students

Explore how to strengthen connections through active listening skills, compassionate responses, and asking open-ended questions.

Register
- Oct 17**

Sustainability Fair

The annual Sustainability Fair brings together over 30 student-facing groups and clubs from across the Western Environment & Sustainability Network.

Sustainability Fair
- Oct 25**

Go Haunt Yourself Drag Show

Join the SOGS Pride Commission for a ghastly and ghostly Halloween drag extravaganza featuring local London performers from Planets Aligned.

Drag Show Tickets

See All Events

Campus Life

WESTERN NEWS: PhD student explores digital foodscapes on social media



Prabu Nadaraja (Submitted)

Prabu Nadaraja, a PhD student in health information science, is studying how food content on social media shapes health, identity and belonging among Tamil immigrants.

Read Full News Article

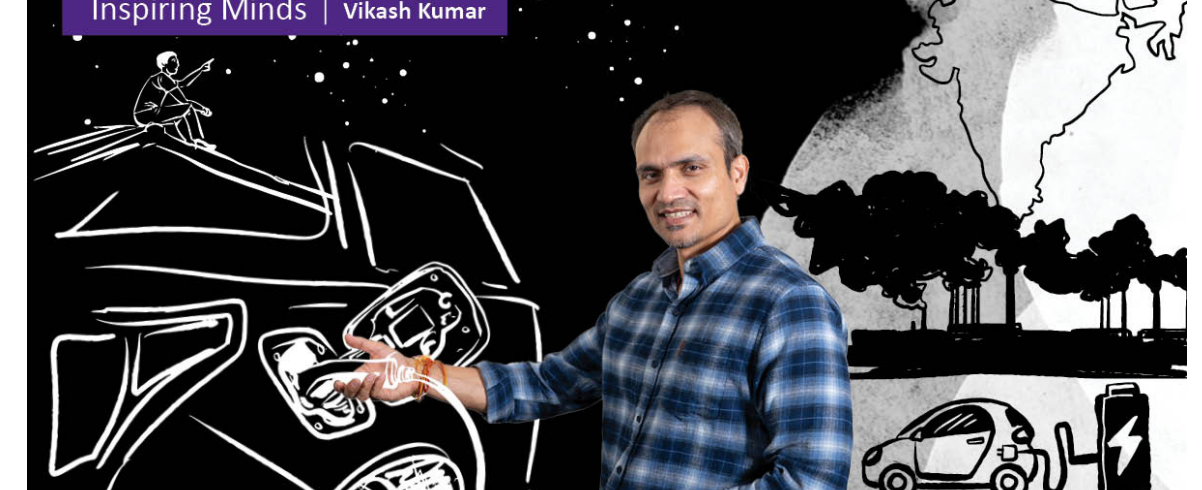
GET INVOLVED

- ### Opportunities
- Academic Joint Fund:** Are you a graduate student planning a conference for your department, faculty, or student association this year? Do you need financial support to make it a reality? Apply for up to \$1,000 from the Academic Joint Fund (AJF)!
 - Student Photoshoot:** Volunteer to be featured in a Student Experience photoshoot on Friday, October 17 between 8 a.m. - 4 p.m. and receive a \$10 Hospitality Services gift card.
- ### Share Your Feedback
- Western News Feedback:** The *Western News* team is seeking your feedback! Share your thoughts about the news channel and the kind of content you'd like to see.
 - Western's Senate & Board of Governors Elections Information Session:** Attend the information session on Wednesday, October 29 from 12:30 to 1:30 p.m. to learn about governance at Western and how you can get involved with Senate and the Board of Governors.
- ### Sports & Rec
- Unlimited Group Fitness:** Stay active all year with 30+ weekly classes, from HIIT and strength to yoga and dance. Get your group fitness membership for \$107.08 (Oct-Apr) before October 12.
 - Locker Rentals:** Keep your gear secure at the Rec Centre with full or half-size lockers available by term or year. Bring your own lock or grab one at the Welcome Desk.

GRAD STUDENT LIFE

- ### Academic Support
- Learn2Thrive:** If you're in courses this term and last academic year wasn't your best, Learn2Thrive can help with strategies, tools, and supports to make a real difference in navigating the challenges that come with university life.
 - Writing Support Seminars:** The Writing Support Centre has seminars this month on topics including concise writing, writing a book review, and a series on writing in different disciplines.
 - Mindful Moments:** Relax, recharge, and refocus with drop-in meditation through weekly on Wednesdays from 12 to 12:30 p.m. in UCC 38B.
 - Grad Planning Groups:** Looking for accountability support for your Master's or PhD? Join a [weekly online planning group](#), open to students at any stage of their program.
 - Grad Study Hub:** Check out our new co-working space just for grad students where you can get academic support, connect with peers, and enjoy free snacks.
 - Western Libraries Newsletter:** Monthly tips on library resources, data tools, citation help, and open access publishing. [Learn more here!](#)
 - GRADUpdATE:** your monthly dose of tips and strategies for success in grad school. In the [October Issue](#), we discuss paraphrasing.
- ### Career & Professional Development
- Career Workshops:** It's recruitment season! Attend a career workshop this month to feel confident heading into networking events like the Career Fair.
 - Resume & Profile Reviews:** 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.
- ### Workshops at Western Libraries
- Performing Qualitative Analysis with NVivo (Oct 14):** Learn how to organize, code, and analyze qualitative data in this hands-on workshop — perfect for students starting a research project or exploring content analysis.
 - Introduction to Story Maps (Oct 22):** Discover how to create interactive digital stories using ArcGIS StoryMaps in this beginner-friendly workshop — no GIS experience required.

INSPIRING MINDS: Vikash Kumar



Vikash Kumar, PhD candidate in Business Administration at Ivey Business School, is exploring sustainable transportation solutions. His research investigates why people hesitate to switch to electric vehicles and how supportive policies and accessible charging infrastructure can accelerate adoption. By combining behavioral insights with strategic decision-making, Vikash aims to align business practices, government policy, and consumer behavior to reduce emissions. Inspired by childhood memories of starry skies obscured by pollution, he hopes his work ensures future generations can experience clean, healthy nights under the stars.

Read About Vikash's Research

WESTERN WELLNESS

- ### Wellness Groups
- 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: Thursdays from 1:30 to 3 p.m. starting Oct 23**

This four-week group will focus on building blocks of healthy relationships. This group will explore characteristics of healthy relationships, effective communication, conflict management, and the complexities of boundary setting across diverse types of relationships. Each participant will take home their own copy of 'The Set Boundaries Workbook' by Nedra Glover Tawwab.
 - Grief Loss & Support: Thursdays from 2:30 to 4 p.m. starting Oct 23**

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.
- View all Groups & Register

Mental Health Appointments
Same-day and next-day counselling appointments are available to support you — whether you're feeling stressed about classes, personal challenges, or world events. Visit Thames Hall (Rm 2170) or call 519-661-3030 to book.

Crisis Support
Information about Crisis Supports can be found on the Health & Wellness website.

MUSTANGS MINUTE

Some Western Mustangs seasons are well underway and some are just getting started. Current Western students get into all regular season home games (on campus) for FREE with a valid Western ONECard.

- Friday, Oct 10:** Men's Lacrosse vs Nipissing Lakers at 8 p.m., Mustangs Field
- Saturday, Oct 11:**
 - Women's Soccer vs Windsor Lancers at 6 p.m., Western Alumni Stadium
 - Men's Lacrosse vs Laurentian Voyageurs at 7 p.m., Mustangs Field
 - Men's Soccer vs Windsor Lancers at 8:15 p.m., Western Alumni Stadium
- Thursday, Oct 16:** Field Hockey vs Guelph Gryphons at 7:30 p.m., Mustangs Field
- Friday, Oct 17:**
 - Women's Hockey HOME OPENER vs Brock Badgers at 7 p.m., Thompson Arena
 - Field Hockey vs McMaster Marauders at 7:30 p.m., Mustangs Field
- Saturday, Oct 18:**
 - Football vs Laurier Golden Hawks at 1 p.m., Western Alumni Stadium
 - Men's Hockey HOME OPENER vs York Lions at 3 p.m., Thompson Arena
 - Women's Hockey vs Guelph Gryphons at 7 p.m., Thompson Arena
 - Men's Rugby vs McMaster Marauders at 7 p.m., Western Alumni Stadium

Sports Schedule

For more info, follow @westernmustangs.

OWN YOUR FUTURE

Upcoming Workshop: Exploring GenAI in Teaching: Aligning Practice with Pedagogical Values

As educators, we can adopt a values-based approach to conversations about, and exploration with, GenAI in our classrooms. This session invites participants to consider whether and how GenAI use aligns with your values as an educator and how those values might inform decisions about GenAI adoption.

Date: Oct 7, 2025
Time: 12:30 to 1 p.m.
Location: Virtual

Register for Workshop

GRADCAST: Check out the official Radio Show & Podcast of SOGS

GradCast is the official radio show and podcast of the Society of Graduate Students (SOGS) at Western, showcasing the research and experiences of graduate students. New episodes drop every Tuesday, featuring a different grad student guest. Listen on [Apple](#), [Spotify](#), or [GradCast.ca](#).

Have you ever wondered what SOGS, your student government, actually does? Listen to #TheScoopOnSOGS to hear about all their work and how you can get involved!

- President (Cherin Chung)
 - Board Chair (Kirsty Ng)
 - Vice-President Academic (Anthony Cruz)
 - Vice-President Advocacy (Jasmine Proctor)
 - Vice-President Finance (Evan Sauve)
 - Vice-President Student Services (Saghar Soltanabadi) - Coming October 7!
- Listen to GradCast

Important Dates

- Oct 14:** Due date for second installment of fall term tuition for those paying in 2 installments.
- Oct 22-23:** Autumn Convocation
- Oct 29:** Last day to provide proof of Permanent Residency to have fall term tuition fees reduced to the domestic rate.
- Oct 31:** Last day to withdraw from a graduate course beginning in the fall term without academic penalty. Students who drop after this date will receive an F on their transcript

See More Dates