



## Kicking off the fall term!

Welcome to **What's Up Western Grad Students**—your go-to guide for campus life, news and events! Stay connected with our monthly emails to keep up with everything happening on campus. As you dive into your studies, remember that Western offers a range of supports to help you throughout your academic journey. Don't wait until you're struggling, visit the Student Experience website to learn more!

Student Experience

## Events on Campus

Sept 1-30

### Riverfest

Take part in the fourth annual Western Riverfest, co-organized by the Indigenous Students' Association, Indigenous Student Centre, and Western Sustainability.

Riverfest 2025

Sept 10

### Campus Resource Fair

Learn about different services, programs and opportunities on-campus on September 10 from 10 a.m. to 3 p.m. in the UCC Atrium.

Campus Resource Fair

Sept 11

### Art Thrive: Elemental Forces

Join us at McIntosh Gallery from 1 to 4 p.m., to kick off our new program 'Art Thrive: Elemental Forces', a series of free drop-in video art screenings with a fun artmaking activity led by local artists - the first 100 participants will receive a free tote bag from Soft Flirt.

Art Thrive

Sept 11

### SOGS Study Hall

SOGS Study Hall is taking place on September 11 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

Sept 17

### Managing Academic Stress

Drop by the Weldon Library Community Room from 1 to 4 p.m. to discover supports to help you conquer academic stress early so you can feel confident all year long. Door prizes and light refreshments available!

Managing Stress

Sept 23-25

### Goodman Lecture Series

The symposium features three renowned Goodman lecturers discussing democracy in the U.S., Canada, and Europe, offering historical and comparative perspectives on current challenges as well as the strengths and resilience of democratic systems.

Goodman Series

Sept 27

### Homecoming & Student Fan Festival

The Western Mustangs Homecoming Football Game is on Saturday, September 27 at 1 p.m. The Student Fan Festival is also returning from 11 a.m. to 4 p.m. with over 20 FREE food trucks, giveaways, live entertainment and more. Just bring your Western ONECard for free entry!

Student Fan Festival

Sept 29-30

### National Day for Truth & Reconciliation (NDTR)

All are invited to wear an orange shirt and join the Office of Indigenous Initiatives on Monday, September 29 from 10 a.m. to 12 p.m. for Orange Shirt Flag Raising Ceremony at the UCC Concrete Beach. Then drop by the Wampum Learning Lodge on Tuesday, September 30 from 6:30 a.m. to 2 p.m. for the NDTR Sunrise Ceremony.

NDTR Details

See All Events

## Campus Life

### WESTERN NEWS: Schulich PhD candidate captures blood vessel splitting in action



Sabrina Staples (Photo source: Megan Morris/Schulich Medicine & Dentistry)

Sabrina Staples, a PhD candidate in medical biophysics, captured a form of blood vessel growth in action. The findings could inform new treatments for vascular disease, stroke and cancer.

Read Full News Article

## GET INVOLVED

### Leadership

- The first [Learn to Lead Summit](#) of the year is taking place on September 26. Strengthen your leadership skills and earn recognition on your Co-Curricular Record.

### Sports & Recreation

- Intramurals:** Fall registration is open! Enjoy friendly competition with a fun community, and learn a new skill or play a sport you enjoy. No sports experience required. League space is limited, and registration is first-come, first-served. Wait-lists are also available if a sport is full. Registration closes September 16.
- Recreation Sport Clubs:** Registration starts Sept 15 with Clubs Week running Sept 15-19 in the Rec Centre (WSRO) atrium. Sport Clubs are open to all and provide instruction and skill development, student leadership opportunities, and/or competition.
- Western Mustangs Open Team Tryouts:** Interested in trying out for a Western Mustangs varsity sports team or club? Now is your chance!
- Move Your Mood:** Free, fun, and active events to recharge and de-stress. From group sporting events to fitness classes, mindfulness, and creativity sessions—there's something for everyone. Check the web page for full schedule and registration. Follow [@western\\_rec](#) for more info!

## GRAD STUDENT LIFE

### Academic Support

- Grad student orientation:** programming continues throughout September. Check out the events designed to help you get comfortable at Western!
- Learning Workshops:** Hone your learning skills with workshops developed for a grad student audience, offered by Learning Development & Success.
- Mindfulness for Academic Success:** is a 6-week in-person program designed as an introduction to mindfulness and meditation practices. Reflect on how being more mindful can help you succeed as a graduate student.
- GRADUPDATE:** your monthly dose of tips and strategies for success in grad school. In the [September Issue](#), we discuss the importance of sleep in your graduate journey.
- Graduate Student Study Space:** Western Libraries has launched a new program, offering Master's, PhD, and postdoctoral scholars access to dedicated study areas at Weldon Library. Applications are open until September 15 for either a private assigned study room or access to the new Graduate Commons in the Scholars Lab. [Apply now!](#)

### Career & Professional Development

- Career Workshop series:** Learn about career-related topics including developing a strong resume and cover letter, personal branding, and more.
- Meet Employers:** recruiting is underway for Summer 2026 and beyond! Check out the [organizations hosting events this month](#).
- LinkedIn Headshots:** Upgrade your LinkedIn profile with [free professional headshots](#) in the Careers & Experience office! Available Monday - Friday from 8:30 a.m. to 4:30 p.m. in UCC 210.

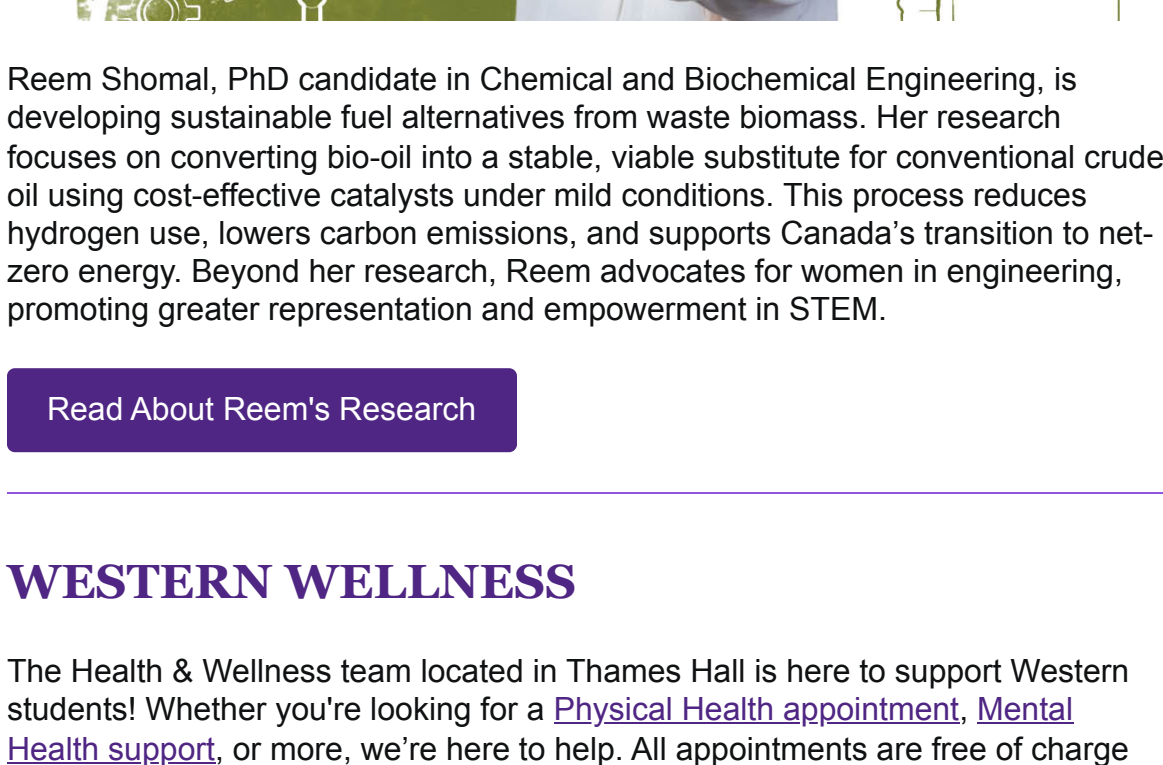
### Community & Sustainability

- Muslim Student Welcome:** Register to join us for the Muslim Student Welcome on September 10 and learn how you can thrive at Western. Celebrate your identity, make new friends and engage with resources.
- Campus Cravings:** Hungry for something new? Check out fresh eats this fall in the UCC Food Hub — from [Angry Goose](#) burgers andoutine to customizable [bowls](#) and [pizza](#) with a twist. Or swing by [Café Social](#) in the Social Science Centre for artisan sandwiches, baked treats, and your Tim Hortons favourites.
- Take a Break with Therapy Dogs:** Drop by the Weldon Library Community Room on September 25 from 1:30 to 3 p.m. to spend time with the St. John Ambulance Therapy Dogs.
- Western Free Store:** Take what you need, give what you can, and help our campus community thrive.

### Safety & Alerts

- Alert WesternU:** Stay informed. Stay safe. Alert WesternU, Western's emergency mass notification system, delivers urgent university messages through email, SMS text and mobile app push notifications. Download the app from the Alert WesternU website and customize your settings to receive alerts quickly to your mobile device. Already registered? Take a moment to review your settings to ensure your profile is up to date.

## INSPIRING MINDS: Reem Shomal



Reem Shomal, PhD candidate in Chemical and Biochemical Engineering, is developing sustainable fuel alternatives from waste biomass. Her research focuses on converting bio-oil into a stable, viable substitute for conventional crude oil using cost-effective catalysts under mild conditions. This process reduces hydrogen use, lowers carbon emissions, and supports Canada's transition to net-zero energy. Beyond her research, Reem advocates for women in engineering, promoting greater representation and empowerment in STEM.

Read About Reem's Research

## WESTERN WELLNESS

The Health & Wellness team located in Thames Hall is here to support Western students! Whether you're looking for a [Physical Health appointment](#), [Mental Health support](#), or more, we're here to help. All appointments 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](#).

### Crisis Support

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

### Group Care

There are a number of mental health support groups and workshops offered, 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 [Group Care webpage](#) for more information!

## MUSTANGS MINUTE

The Western Mustangs have had a strong start to the 2025-26 season. Western students get into all regular season home games (on campus) for FREE with a valid Western ONECard.

Come out and watch your Mustangs play at home this week:

- Saturday, Sept 13:**
  - Women's Lacrosse vs Laurier at 10:15 a.m. and vs Guelph at 3:30 p.m., Mustangs Field
  - Men's Lacrosse vs Guelph at 7 p.m., Mustang Field
- Sunday, Sept 14**
  - Softball vs Guelph at 11 a.m. and 1 p.m., Byron Sports Complex
  - Baseball vs TMU, 1 and 4 p.m., Labatt Park
  - Men's Soccer vs Algoma at 1 p.m., Western Alumni Stadium
  - Men's Soccer vs Algoma at 3:15 p.m., Western Alumni Stadium
- Wednesday, Sept 17**
  - Men's Lacrosse vs Brock Badgers at 8 p.m., Mustang Field
- Friday, Sept 19**
  - Women's Soccer vs Brock, 6 p.m., Western Alumni Stadium
  - Men's Soccer vs Brock, 8:15 p.m., Western Alumni Stadium
- Saturday, Sept 20**
  - Women's Lacrosse vs Trent, 8:30 p.m., Mustang Field
  - Women's Rugby vs McMaster, 1 p.m., Alumni Field

See our full schedule to see what's happening and where, and come cheer on your Mustangs!

Sports Schedule

## OWN YOUR FUTURE

### Upcoming Workshop: Making the Most of Your Time in Grad School

In this interactive workshop led by Meghan O'Hara, Program Specialist - Graduate Student Life, you will delve into practical strategies for maximizing your time and impact during grad school. Topics covered include: navigating campus resources; opportunities to connect with others in the community; how to get involved beyond the classroom; and finding balance between work and life. Join us for this workshop to equip yourself with the tools and knowledge needed to thrive throughout your graduate studies. Whether you're just starting out or well into your program, this workshop will provide valuable guidance to help you make the most of every moment.

Date: Sept 17, 2025

Time: 1 to 2 p.m.

Location: IGAB 1N05

Register for Workshop

## GRADCAST: Check out the official podcast of the Society of Graduate Students (SOGS)

GradCast is the official 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 Podcasts](#), [Spotify](#), or wherever you get your podcasts!

In addition to regular episodes, or tune in this month for special episodes featuring experts at Western who help support graduate students in doing research, writing theses, and thriving in grad school -- just in time for new grad students at Western!

- Thurs, Sept 18: Sustaining Motivation in Graduate School
- Thurs, Sept 25: Time Management for Graduate Students
- Thurs, Oct 2: The Hidden Curriculum: Navigating the Ins/Outs of Grad School
- Thurs, Oct 9: Writing and Learning Support for Grad Students

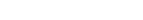
Listen to GradCast

## Important Dates

- Sept 9:** Due date for fall term tuition (first installment).
- Sept 16:** Grade submission deadline for summer term grades for continuing students.
- Sept 30:**
  - Last day to enrol in graduate courses starting in the fall term. Students who are not enrolled by this date cannot receive academic credit for the fall term.
  - Last day to declare an audit for a course starting in the fall term.
  - Last day to drop a graduate course beginning in the fall term without it appearing on the transcript. Students who drop after this date but before November 1 will receive a WDN on their transcript.
  - Non-instructional day (National Day for Truth and Reconciliation). [This toolkit](#) supports educators, staff, and leaders at Western University by offering guidance and context for observing NDTR and advancing Reconciliation throughout the year.

See More Dates

Have feedback? Email us at [WhatsUpWestern@uwo.ca](mailto:WhatsUpWestern@uwo.ca)



Western University 2025  
1151 Richmond Street, London Ontario, N6G 3K7  
Unsubscribe info here.

