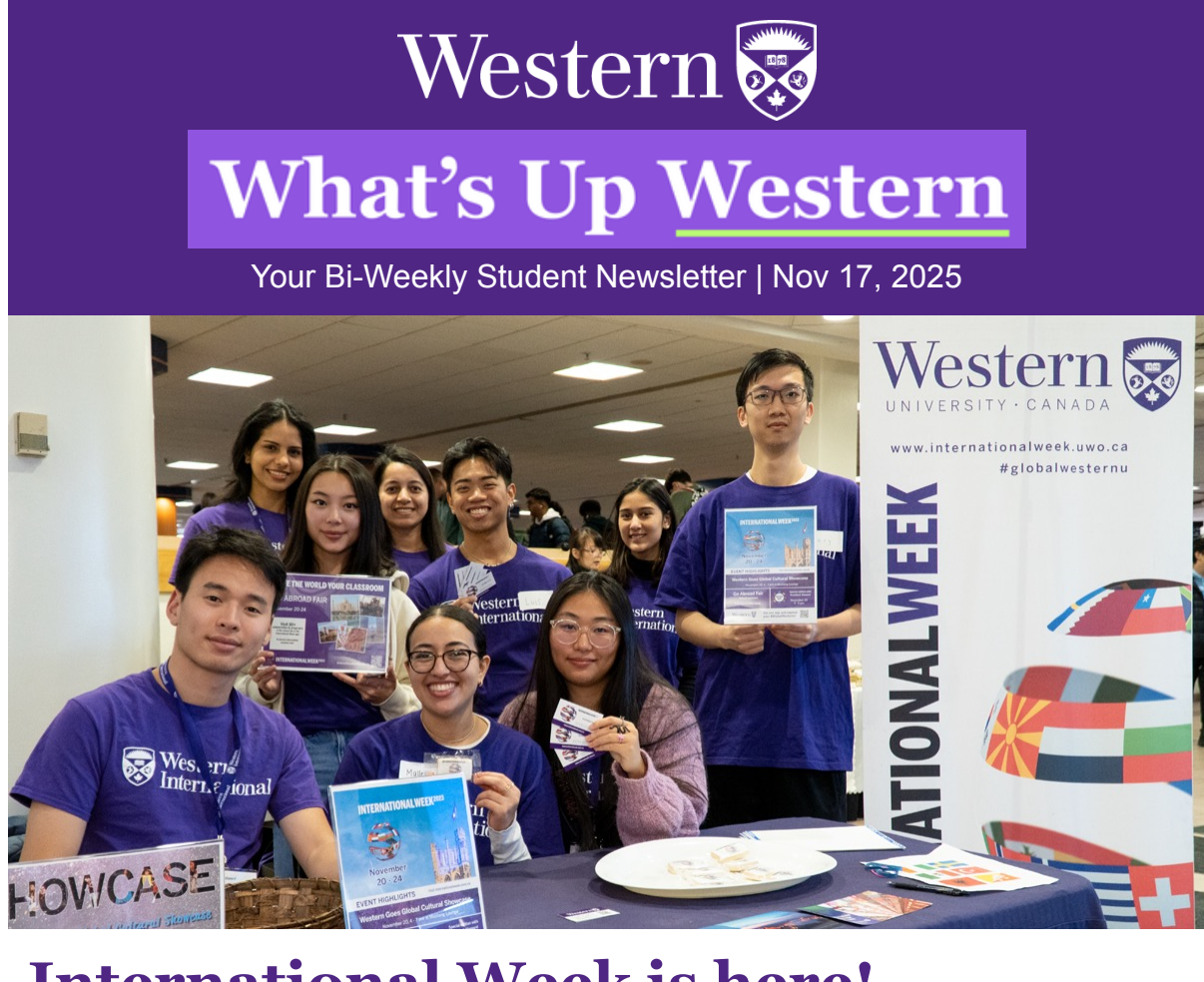




International Week is here!

Celebrate diversity and explore global opportunities during International Week, November 17-21! Don't miss exciting events like the Cultural Showcase, Cultural Cooking Showdown, Global Café, Career Workshops, Cultural Workshops and many more! Plus join the event passport contest for a chance to win some prizes - the more events you attend the greater your chances of winning! Learn more and see all the events happening this week by visiting the link below.

International Week Events

Events on Campus

Nov 18 - Tomorrow!

Careers in Federal Government Day

Learn about opportunities to work in the public service at Careers in Federal Government Day online on November 18, from 10 a.m. to 4 p.m.

CFGD

Nov 18 & 25

McKellar Theatre FREE Movie Nights

Join the USC for a FREE movie night every Tuesday, this month catch holiday classics The Grinch (Nov 18) and Home Alone (Nov 25).

Western USC Events

Nov 20-23

Opera at Western: Così fan tutte

Music students perform Mozart's timeless masterpiece, filled with humour, romance, and delightful twists at the Don Wright Faculty of Music November 20-23.

Opera at Western

Nov 25

USC Craft Night

Take a break and get creative at The Wavel. Join us for an evening of crafting, perfect for beginners or anyone who just wants to have fun and make something unique. Follow the USC events team on Instagram for more event details.

Western USC Events

Nov 27

BrainsCAN Impact Seminar Series

BrainsCAN will be hosting the first seminar in its Impact Seminar Series on 'The Importance of Sex and Gender Based Analysis plus (SGBA+)' in Brain Research' featuring a discussion with Liisa Galea and Kendra Loedige moderated by Lisa Saksida. The first seminar will take place from 2 to 3 p.m. in DSB 1002 (and over Zoom) on November 27.

BrainsCAN Registration

Nov 27

Study Café

Looking for some study motivation? Drop in to Study Café on November 27 from 12:30 to 9 p.m. in the Weldon Community Room! Connect with upper-year learning peers and enjoy some study snacks.

Study Café

See All Events

Campus Life

PHOTO FEATURE: Campus First Snowfall



(Photo source: Lauren Lee/Office of the Registrar)

When fall meets winter! Last week brought the first snowfall of the academic year to campus. As we head into colder weather, it's a good time to brush up on winter safety. Learn how Western prepares for and manages snow and ice including priority clearing routes, safe travel tips, and how to report hazardous conditions on the [Snow Operations webpage](#).

GET INVOLVED

Leadership Opportunities

- Soph Applications:** Help incoming students feel welcomed at Western by joining a Soph team! [Applications for all teams are open now](#). Learn about joining the Off Campus, Care (formerly Charity), Residence, and Faculty teams. Apply before the December 1 deadline!
- Learn to Lead:** The next Learn to Lead Summit is taking place on November 28. Strengthen your leadership skills and earn a certificate by attending multiple online sessions.

Training Workshops

- USC Campaign School:** Interested in running for student government? Join USC Campaign School on November 25 to learn how to plan your campaign, build your team, and make your voice heard!
- Values Training Session:** Increase your understanding of power and privilege in professional spaces and learn practical skills for setting boundaries through a ["Bringing Our Values to Work" training session](#) on November 18.

Campus Recreation

- Western Intramural 1-Day Tournaments:** Register now for Badminton, Pickleball, Dodgeball, Volleyball, Basketball, Inner-Tube Water Polo. Tournaments run late November - sign up early for your chance to win a Purple Shirt!
- Bronze Cross Course:** Take the next step in your lifeguarding journey! Learn water rescue, first aid, and leadership skills that prepare you for future certifications and for saving lives.

Share Your Feedback

- Climate and Sustainability Strategy Town Halls:** Join a town hall in-person (Nov 18) or virtual (Nov 21) to share feedback on Western's new draft climate and sustainability strategy.
- LTC Survey:** Packed buses, long waits, or smooth rides, we want to know it all! Your USC is collecting feedback year-round to help push for better service and make your commute smoother. [Take the survey today!](#)

STUDENT LIFE

Academic Support

- Writing Support Seminars:** Have a big presentation coming up? Get support from the Writing Support Centre through their [upcoming seminars](#) on effective presentations.

Career Tips

- Resume Help:** Get your career profile in shape! Drop-in for [peer advising support](#) with resumes, cover letters, CVs, and LinkedIn profiles.
- 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.

Everyday Essentials

- USC Grocery Shuttles:** Need groceries but short on time? Catch the USC Grocery Shuttle every Tuesday from 5:30 to 8:30 p.m. to get to United Supermarket and back!
- Sip for a Cause:** On November 26, for every large or extra-large drip coffee, we'll donate \$0.25 to United Way at select campus eateries (UCC Tim Hortons, Nucleus, Health Sci, Einstein's, DaVinci's, Chambers, Talbot).

THRIVE ONLINE: Fall Wellness Routines



Feeling the exam season burnout creeping in? In her latest blog *Fall Wellness Routines - Building Meaningful Daily Routines*, Bella shares simple ways to stay organized, energized, and grounded, from early mornings and meal prep to finding time to move and breathe between study sessions.

Read Bella's Blog

WESTERN WELLNESS

Take Care of your Health

As the weather gets colder, remember to take care of your health. Health & Wellness Services in Thames Hall offers same- or next-day appointments for acute illness or injury, allergies, immunizations, pregnancy and sexual health care, gender-affirming care, and more. [Book your appointment](#) today!

Wellness Events for International Week

Check out these upcoming events hosted by the Wellness & Equity Education team celebrating connection, culture, and community.

- Bringing Our Values Elsewhere:** Explore how to apply your personal and cultural values in different contexts. November 17, 12:30 to 2 p.m., Thames Hall 3194.
- Dating Across Differences:** Learn how to build understanding and navigate cultural differences in relationships. November 18, 1 to 2:30 p.m., Thames Hall 3118.
- Colour & Connect:** Relax, meet new people, and enjoy art-inspired colouring, snacks, and a free candy bar. November 20, 2 to 4 p.m., Thames Hall 2177.
- Cultural Cooking Showdown:** Tune in to [Western International's Instagram](#) on November 20 for a fun and flavourful cooking competition.

Wellness & Well-being Supports

MUSTANGS MINUTE

We've only got a few weeks left of fall home games. Western students get into all regular-season home games (on campus) for FREE with their valid Western ONECard. Take a break from studying and come on out and be a part of the Mustangs action!

Upcoming Home Games & Events:

- Nov 18:** Figure Skating Fall Invitational Competition - East Elgin Community Complex
- Nov 21:**
 - Women's Volleyball vs Windsor Lancers @ 6 p.m., Alumni Hall
 - Men's Hockey vs Windsor Lancers @ 7 p.m., Thompson Arena
 - Men's Volleyball vs Windsor Lancers @ 8 p.m., Alumni Hall
- Nov 20:**
 - Women's Volleyball vs Windsor Lancers @ 2 p.m., Alumni Hall
 - Men's Volleyball vs Windsor Lancers @ 4 p.m., Alumni Hall
 - Men's Hockey vs Guelph Gryphons @ 7 p.m., Thompson Arena
- Nov 28:**
 - Women's Basketball vs Ottawa Gee Gees @ 6 p.m., Alumni Hall
 - Women's Hockey vs Ontario Tech Ridgebacks @ 7 p.m., Thompson Arena
 - Men's Basketball vs Ottawa Gee Gees @ 8 p.m., Alumni Hall
- Nov 29:**
 - Bob Vigars Track and Field Season Home Opener
 - Women's Basketball vs Carleton Ravens @ 6 p.m., Alumni Hall
 - Men's Basketball vs Carleton Ravens @ 8 p.m., Alumni Hall

Sports Schedule

Think you're **Western's Fastest Student**? Register for a 60-meter sprint on the indoor track and see how you stack up against other students. The fastest male and female each win a \$200 Prepaid Visa card. The race takes place on **November 21, 3:30 to 5 p.m., at Thompson Arena (WSRC)**. Hosted by the Western Mustangs Track & Field Team.

Register to Sprint

HOT TAKE

What's your favourite part of the first snowfall at Western?

- Snowy campus views
- Cozy study sessions
- Absolutely nothing, I'm not ready for snow

Vote Now

Important Dates

- Dec 1:** Last day to withdraw from a Fall 12-week course (0.5) resulting in a grade of 'WDN' (withdrawn, without academic penalty). Course withdrawals after this date will appear on a transcript with a grade of 'F.'
- Dec 9:** Fall Term Classes End
- Dec 11-22:** Mid-year examination period. [Check your exam schedule!](#)

See More Dates