Western

What's Up Western

Your Bi-Weekly Student Newsletter | Nov 3, 2025

Happy Reading Week, Mustangs!

We're wishing you a restful and restorative Fall Reading Week! Whether you're catching up on sleep, studies, or exploring something new, take time to recharge.

If you're staying in London, check out things to do on the Tourism London website and don't miss our latest Thrive Online blog below for ideas on how to make the most of your week off!

Events on Campus

Nov 10-14

Global Entrepreneurship Week

Celebrate innovation and creativity through startup showcases, hands-on challenges, and inspiring talks—including the Ronald D. Schmeichel Speaker Series with retail visionary Glenn Murphy (Petco). Pitch ideas, explore design in the Makerspace Challenge, and join a Taylor Swift–themed workshop with Western Law Dean Mohamed Khimji.

Entrepreneurship Week

Nov 11

Remembrance Day Ceremony

Join us as we honor and remember those who served. The ceremony will take place at McKellar Theatre, 2nd floor UCC, 11 a.m. Follow the USC on Instagram for more info to come.

@WesternUSC

Nov 12

Graduate & Professional School Fair

If you're considering pursuing further education, check out the Graduate & Professional School Fair! Meet with reps from 80+ institutions and discover your options. Drop by Mustang Lounge from 10 a.m. to 3 p.m.

Grad Fair

Nov 12

Battle of the Bands

It's time to rock! Catch student bands battling it out for the top spot. Who will take the win? Don't miss the energy and live performances at The Spoke starting at 8 p.m.

Battle of the Bands

Nov 13

Academic Rights Fair

Know your rights and WIN a Weldon library study room for exam season! Stop by the UCC Atrium, from 11 a.m. to 2 p.m. to learn about your rights, responsibilities, accommodations, and resources available to you. Follow @westernusc for more info to come.

Nov 14

Housing Fair

Looking for your next home or a roommate? Come to the Housing Fair in the Mustang Lounge from 10 a.m. to 3 p.m. to explore off-campus housing options for next year. Plus, join the Roommate Mixer to meet your next roommates!

Nov 17

Cultural Showcase

Celebrate International Week at the Cultural Showcase, featuring cultural music, performances, activities, snacks and more! Monday, November 17 from 1:30 to 4 p.m. in the Mustang Lounge.

Cultural Showcase

Nov 18

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

See All Events

Campus Life

PHOTO FEATURE: Therapy Dogs

This good pup knows how to unwind! Join us for **De-Stress Fest** in the **Thames Hall Atrium on November 13 from 1 to 3 p.m.** Meet the St. John Ambulance Therapy Dogs (arriving at 1:30 p.m.), enjoy relaxing activities, and learn about wellness supports available to students.

De-Stress Fest

GET INVOLVED

Career & Professional Development

- **International Student Career Workshops**: Get career advice designed for international students by participating in the International Student Career Workshop Series.

Campus Recreation

- **Western Intramural 1-Day Tournaments**: Register now for Badminton & Pickleball! More sports open November 10 (Dodgeball, Volleyball, Basketball, Inner-Tube Water Polo). Tournaments run late November - sign up early for your chance to win a Purple Shirt!
- **Personal Training**: Reach your goals with a certified Personal Trainer who ensures every workout is safe, effective, and tailored to you. Learn more or sign up with Western Campus Recreation.
- **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.
- **Western Libraries Survey:** Have your say and help shape the future of Western Libraries! Share your feedback on spaces, services, and resources by November 10 for a chance to win one of fifteen $100 prizes.

STUDENT LIFE

Academic Support

- **Fall Workshop Series**: Amp up your study skills after Reading Week with workshops from Learning Development & Success on topics including managing test anxiety, studying for STEM exams, and building a study matrix. See all workshops.
- **Writing Support Seminars**: Optimize your professional profile with Writing Support Centre's professional writing seminars, happening November 10-13.

Art & Mindfulness

- **Art Thrive: Wind | Flurry**: Explore the element 'Wind' at this free drop-in event, November 12 from 1 to 4 pm, in the Thames Hall Atrium- make your own windchime to take home, and view art by Racquel Rowe (PhD candidate) and Danielle Petti (MFA '25).
- **Mindful Mondays at McIntosh Gallery**: Join this guided slow looking + mindfulness experience at McIntosh Gallery, from 12:15 to 1 p.m. on November 17, with facilitator Benjamin Tran in current exhibition 'Holding Patterns: the long view'.

USC Perks

- **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!
- **VIA Rail Discount**: Planning to travel this week? Save money, get 15% off on every trip thanks to the USC, all year long.

THRIVE ONLINE: Explore London: What To Do Around The City This Fall Reading Week

Spending Fall Reading Week in London? From vintage shops and food tours to nature trails and live music, there's something for everyone staying in the city. Victoria has you covered in the latest Thrive Online blog.

Read Victoria's Blog

WESTERN WELLNESS

Join us for our **Fall Vaccination Clinic**, open to all Western students!

Dates: Nov. 10–11, 2025
Times: 8:30 a.m. to 4:00 p.m.
Location: Thames Hall Atrium

No appointment needed — just drop in! Flu and COVID vaccines can be taken at the same time, or any time before or after each other.

Please be sure to wear appropriate attire and bring your Health Card or UHIP Card (for international students).

Vaccination Clinic Details

Can't make the vaccination clinic? Call 519-661-3030 to book an appointment to get your flu or COVID-19 vaccine.

Upcoming Wellness Workshop: Nourish & Thrive
Cook simple, healthy meals that boost your mind and mood! Join this hands-on workshop on November 26, 3 to 5 p.m., in the Brescia Food Lab. Participants prepare a meal, take home a meal prep set, and are entered into a raffle for a personal Ninja Blender. Register to join, spaces are limited. Registration closes on November 21.

MUSTANGS MINUTE

If you're sticking around campus for Reading Week, Western students get into all regular-season home games (on campus) for FREE with their valid Western ONECard, and we've got some home games happening this week and next! Come on out Mustangs and be a part of the action!

Upcoming Home Games:

- **Nov 6:** Men's Hockey vs Laurier Golden Hawks @ 7 p.m., Thompson Arena
- **Nov 7:**
  - Women's Basketball vs Algoma Thunderbirds @ 6 p.m., Alumni Hall
  - Women's Hockey vs Waterloo Warriors @ 7 p.m., Thompson Arena
  - Men's Basketball vs Algoma Thunderbirds @ 8 p.m., Alumni Hall
- **Nov 8:**
  - Women's Basketball vs Guelph Gryphons @ 6 p.m., Alumni Hall
  - Women's Hockey vs Carleton Ravens @ 7 p.m., Thompson Arena
  - Men's Basketball vs Guelph Gryphons @ 8 p.m., Alumni Hall
- **Nov 14:**
  - Women's Volleyball vs McMaster Marauders @ 6 p.m., Alumni Hall
  - Men's Hockey vs TMU Bold @ 7 p.m., Thompson Arena
  - Men's Volleyball vs Marauders @ 8 p.m., Alumni Hall
- **Nov 15:**
  - Women's Volleyball vs McMaster Marauders @ 2 p.m., Alumni Hall
  - Men's Volleyball vs McMaster Marauders @ 4 p.m., Alumni Hall
  - Men's Hockey vs Waterloo Warriors @ 7 p.m., Thompson Arena

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

The ultimate reading week movie is...

- Powering through all your assignments
- Exploring London like a tourist
- Doing absolutely nothing and loving it
- Socializing non-stop with friends

Vote Now

Important Dates

- **Nov 3-9:** Fall Reading Week
- **Nov 6:** Temporary Bridge Closure: University Drive bridge will be closed to motor vehicles on Nov. 6 from 6 a.m. to 6 p.m. for an annual inspection. A rain date is set for Friday, Nov. 7. It will remain open to pedestrians and cyclists. LTC buses will be rerouted. Drivers are asked to enter campus from Western or Windermere roads.
- **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 11-22:** Mid-year examination period. Check your exam schedule.

See More Dates

Have feedback? Email us at WhatsUpWestern@uwo.ca

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Western Student Experience