



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 Details

Events on Campus

Oct 21 USC Free Movie Night Join the USC in the Mckellar Theatre (UCC) for a FREE movie night. Coraline (2009) will be showing Tuesday, October 21 starting at 7 p.m. Reserve your spot now! Stay tuned for more movies (including a holiday lineup) coming soon. Reserve Movie Ticket	Oct 22 Rest & Resiliency Drop by the Weldon Library Community Room from 1 to 3 p.m., to rest, learn about healing after trauma, decorate a succulent pot (while supplies last), enjoy arts and crafts, and explore resources and supports to help you recharge before exam season. Rest & Resiliency
Oct 22 Love is Blind Season Finale Watch Party Will they say "I do" or walk away from the altar? Join the USC at The Wave to see how it all ends! Doors open at 8 p.m., show starts at 8:30 p.m. Special Wave menu items available for purchase. Reserve your free ticket now, space is limited. Reserve Your Spot	Oct 24 Diwali Gala Celebrate Diwali at Western with an evening of vibrant cultural performances, traditional dishes and sweet treats. The event takes place on Friday, October 24 from 5:30 to 8 p.m. in The Great Hall, Somerville House. Admission is \$10 and open to Western students only. Tickets are limited—get yours now. Buy Diwali Tickets
Oct 24 Roots & Recognition Men's Lacrosse Game Come celebrate the Indigenous origins of the sport of Lacrosse at 8 p.m., Mustang Field vs McMaster Marauders – Eagle Flight Drummers performance at halftime. Western students get in free! Lacrosse Schedule	Oct 25 Mustangs Football Playoff Game Mustangs Football will take on the Guelph Gryphons in the PLAYOFF OUA Quarter-Finals at 1 p.m., Western Alumni Stadium. Western Student Deal: The first 400 Western students get a FREE playoff ticket - use code QF25 at checkout! Get Tickets
Oct 29 Help! I've Fallen Behind Learn how to identify roadblocks and reprioritize your to-do list when feeling overwhelmed by coursework. Register to join this session, taking place from 10:30 to 11:30 a.m. in WSSB 3134. Register for Session	Nov 3 Queer Resilience and Resistance Join the EDI Office to learn how we can fight for a future of equality together in this engaging panel presentation and gain insights into 2SLGBTQIA+ rights, advocacy and lived experiences. Register for Event

See All Events

Campus Life

PHOTO FEATURE: Hollywood actor Simu Liu holds candid conversation for Western students



(Photo source: Colleen MacDonald/Western Communications)

Actor, writer and producer Simu Liu, HBA'11, spoke to hundreds of students at Alumni Hall on October 8, sharing candid stories about resilience, identity and mental health during "The Power of the Possible" event.

Read the full Western News story

[Learn more](#) about Simu's story and the lessons we can all take away from his book *We Were Dreamers*. Let's continue to show up, speak out, and support one another — and visit uwo.ca/health for more information on mental health programming, events and resources.

GET INVOLVED

- Career & Professional Development**
- Career Workshops:** Upcoming workshops cover topics including networking, LinkedIn basics, and launching your career journey after graduation.
 - Award of Achievement in Anti-Oppression:** Reflect on systems of oppression affecting Jewish, Asian, Black and Muslim communities, and learn how we can build a more inclusive environment at Western and in our society.

- Campus Recreation**
- Personal Training:** Why Invest in Personal Training? A certified Personal Trainer ensures every workout is safe, effective, and tailored to your goals — whether that's strength, mobility, or overall wellness. There are many other benefits to working with a Western Campus Recreation Personal Trainer. More info or sign up at the link.
 - Standard First Aid & CPR Training:** Gain practical skills and earn certification through this comprehensive course covering first aid, CPR, and AED use. Recognized by WSIB and meeting Ontario Public Pools Regulation requirements. Registration required.

- Provide Feedback**
- LTC Feedback:** 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!](#)
 - International Student Survey:** International students, share your experience by completing the [CBIE survey](#) by Nov. 26 and get a chance to win \$1,000.

STUDENT LIFE

- Academic Support**
- PAL Group Study Session (Business 1220):** Prep for the Biz 1220 midterm with trained upper-year learning peers from the PAL Centre! Join the study session Thursday, October 23 at 7:30 p.m. [Register here!](#)
 - Mindful Moments:** Relax, recharge, and refocus with drop-in weekly meditation every Wednesday from 12 to 12:30 p.m. in UCC 38B.
 - Writing Support Seminars:** Learn about writing more clearly, crafting an argument, and editing and proofreading with the Writing Support Centre's [upcoming seminars](#).

- Transportation Perks & Road Closure**
- VIA Rail Discount:** Save money and get your tickets early for reading week! Get 15% off on every trip thanks to the USC, all year long.
 - Mustang on Demand (MOD):** Heading out late? Mustang on Demand (MOD) has got you covered! Enjoy FREE rides home every Wednesday, Thursday, Friday, and Saturday night from 12 a.m. to 3 a.m. Book your pickup & drop-off location, AND track your ride in real-time with our app.
 - Temporary Road Closure:** University Drive will be closed to vehicle traffic at the Richmond Street gates from Tues., Oct. 14 to Fri., Oct. 24 to complete underground water and sewer work for the new student residence. Vehicles can access campus via Huron and Sunset streets. The south sidewalk will remain open for pedestrian use.

THRIVE ONLINE: The Ultimate Guide to Romanticizing the Fall Semester



Amid midterms and cooler days, Eiman shares a cozy guide to romanticizing fall with warm drinks, playlists, and small rituals to help you enjoy the season and recharge.

Read Eiman's blog

WESTERN WELLNESS

Physical & Mental Health Appointments
As midterms ramp up, it's important to make time for your well-being. The Health & Wellness team at Thames Hall offers same-day or next-day appointments, available both in-person and virtually.

Clinic hours: Monday–Thursday 9 a.m.–7 p.m., Friday 9 a.m.–4:30 p.m., and Saturday 9 a.m.–1 p.m. Call **519-661-3030** or [book your appointment online](#) to get started.

Upcoming Wellness Workshop:
Transforming Tension | October 29 | 6 to 7:30 p.m.
Feeling stressed or overwhelmed by exams or world events? Learn healthy ways to recognize, process, and release tough emotions with this hands-on workshop and take home a free de-stress kit to keep the strategies going.

Register for Transforming Tension

Peer Support Centre is back!
The PSC is YOUR space for all things wellness on campus. Our trained volunteers are here to listen, share resources, and offer you confidential support all year long. [Learn more here!](#)



MUSTANGS MINUTE

Several Western Mustangs teams are now into playoffs - including Women's Soccer that after winning their quarter-final game this past Saturday, now moves on to play in the semi-final this week at U of T. For full home and away schedules visit www.westernmustangs.ca. Current Western students get into all *regular season home games* (on campus) for FREE with a valid Western ONECard.

- Friday, Oct 24:**
 - Women's Volleyball vs Guelph Gryphons at 6 p.m., Alumni Hall
 - Men's Hockey vs Waterloo Warriors at 7 p.m., Thompson Arena
 - Men's Volleyball vs Guelph Gryphons at 8 p.m., Alumni Hall
 - Roots & Recognition Men's Lacrosse Game - celebrating the Indigenous origins of the sport of Lacrosse - 8 p.m. Mustang Field vs McMaster Marauders – Eagle Flight Drummers performance at halftime
- Saturday, Oct 25:**
 - Men's Hockey vs Laurier Golden Hawks at 3 p.m., Thompson Arena
 - Women's Volleyball vs Guelph Gryphons at 6 p.m., Alumni Hall
 - Men's Volleyball vs Guelph Gryphons at 8 p.m., Alumni Hall
 - Mustangs Football PLAYOFF OUA Quarter-Finals vs Guelph Gryphons at 1 p.m., Western Alumni Stadium. Western Student Deal: The first 400 students get a FREE playoff ticket - [use code QF25 at checkout!](#)
- Friday, Oct 31:**
 - Women's Basketball vs Ontario Tech Ridgebacks at 6 p.m., Alumni Hall
 - Women's Hockey vs Queen's Gaels at 7 p.m., Thompson Arena
 - Men's Basketball vs Ontario Tech Ridgebacks at 8 p.m., Alumni Hall

Sports Schedule

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

HOT TAKE

What's the best part of fall at Western?

- UO Hill in full colour
- Pumpkin sales at The Spoke
- Cozy sweaters & campus walks
- Perfect study vibes at Weldon

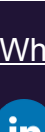
Vote Now

Important Dates

- Oct 22-23:** Fall convocation
- Oct 31:** Deadline to Request Accommodations for December Exams - The deadline to submit requests to write your December exams with accommodations is October 31 at 11:59 p.m. Sign in to your [Exam Services Portal](#) to complete the request process.
- Nov 3:** Beginning of Fall Reading Week

See More Dates

Have feedback? Email us at WhatsUpWestern@uwo.ca



Western University 2025
1151 Richmond Street, London Ontario, N6G 3K7
[Unsubscribe info here.](#)

Western Student Experience