



Take a break for World Mental Health Day

On October 8, join Student Experience and the USC for a campus-wide day of connection, reflection, and well-being. Start at the [World Mental Health Day Fair](#) in the Mustang Lounge from 10 a.m. to 3 p.m. with free activities, games, a petting zoo and mental health resources. Later, hear from actor [Simu Liu](#) at [The Power of the Possible](#) in Alumni Hall, or join the watch party at The Spoke (4 p.m.). End the day with [Craft Night at the Wave](#) (6 p.m. & 8 p.m.) to relax and create with friends.

Show up, speak out, and support one another.

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 9

Go Abroad Fair

Interested in taking your education beyond the classroom? Explore international learning through exchange, study abroad, internships, research, community-engaged learning, international courses, and more! Drop by the UCC Atrium on Thursday, October 9 between 10 a.m. - 2 p.m. to learn more.

Go Abroad Fair

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 16

Purple Boots

Your USC is turning campus into a Western Stampede! Enjoy free daytime events with a mechanical bull, pumpkin painting, food trucks, local vendors, and more. Then head to The Wave for Purple Boots, featuring rising country stars Owen Riegling and Alli Walker.

Purple Boots Tickets

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

See All Events

Campus Life

PHOTO FEATURE: Hoco 2025



It was an unforgettable Western Hoco 2025! The Student Fan Festival was packed with purple and the free food trucks were amazing. To make the day even better the Western Mustangs Football team celebrated a victory. Check out our photo album! Spot yourself? Download your favourite pictures!

View Photos

GET INVOLVED

Job Opportunities

- **USC InfoSource Student Ambassadors:** Be the first point of contact for students and visitors at the USC — providing information, support, and great customer service. [Learn more and apply today.](#)
- **Student Experience Work Study:** Approved for work study? Apply to be a Digital Communications Lead: Design & Planning, Digital Communications & Social Media Lead, or Thrive Online Editor & Team Lead.
- **Western Student Ambassador:** Tell future students what sets Western apart by joining the Undergraduate Recruitment team as a Student Ambassador (Work Study).

Photoshoot Opportunity

- **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.

STUDENT LIFE

Academic Support

- **Writing Support Seminars:** Learn about writing more clearly, crafting an argument, and editing and proofreading with the Writing Support Centre's [upcoming seminars](#).
- **Peer Assisted Learning (PAL) Centre:** Get one-to-one, course-specific advice from upper-year students at the PAL Centre, now open for the Fall term!
- **New study space @ The Wave:** Tired of studying at the library? Try The Break Lounge! The Break Lounge is a drop-in study space and lounge area at the back of The Wave. Ordering is optional — no purchase is required to use the space.

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.

Student Perks

- **VIA Rail Discount:** We know you're busy with midterms, but Thanksgiving is right around the corner, and now you can save 15% on every trip, all year long. Check out [@westernusc](#) on Instagram to learn more!
- **Mustang on Demand:** 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.

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.

THRIVE ONLINE: Balancing Academics & Co-Curricular Experience



Balancing classes, clubs, and campus life isn't easy but it is possible. In her blog, Rainy shares practical tips on time management, productivity, and self-care to help you thrive without burning out.

Read Rainy's Blog

WESTERN WELLNESS

Wellness Groups

There are several group care sessions being offered throughout the term, 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 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.



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 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](#).

HOT TAKE

As we head into midterm season, what's your go-to way to recharge?

- Extra sleep
- Walks or workouts
- Netflix breaks
- Hanging out with friends

Vote Now

Important Dates

- **Oct 13:** Thanksgiving
- **Oct 22-23:** Fall convocation
- **Nov 3:** Reading Week

See More Dates

Have feedback? Email us at WhatsUpWestern@uwo.ca



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[Unsubscribe info here.](#)

Western Student Experience