



Kicking off the fall term!

Welcome to What's Up Western—your go-to guide for campus life, news and events! Stay connected with our bi-weekly emails to keep up with everything happening on campus.

First years, we hope you had an amazing OWeek2025! As you dive into your coursework, 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 today to explore supports.

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 on September 11, 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 12

Don Wright Faculty of Music Concert Season Kicks Off

Join the Music faculty for hundreds of FREE concerts and recitals happening year-round on campus in Talbot College and Music Building. Check out the concert schedule to see who's playing when!

Concert Schedule

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 20-21

USC Beach Days


Join the USC for Beach Days at Grand Bend on September 20 & 21! For just \$5, catch a round-trip bus from Alumni Hall and enjoy a day at the beach.

USC Beach Days

See All Events

Campus Life

PHOTO FEATURE: OWeek 2025



The fall semester kicked off with an unforgettable Orientation Week as we welcomed the incoming class to Western! Follow [@westernstudentexperience](#) & [@westernusc](#) on Instagram to see photos and highlights!

GET INVOLVED

Clubs Week

- USC Clubs Week:** Meet new clubs, check out booths, and discover what sparks your interest in the Mustang Lounge and UCC Lower Levels, open daily Sept 15-19 from 10 a.m. to 4 p.m.
- Recreation Sport Clubs:** Registration opens Sept 15 with Clubs Week also running Sept 15-19 in the Rec Centre (WSRC) atrium. Sport Clubs are open to all and provide instruction and skill development, student leadership opportunities, and/or competition.

Sports & Recreation

- Intramurals:** Fall registration is open! Meet new people, 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 Sept 16.
- 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 glow 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!
- Western Campus Recreation:** New to Western? Learn about all Campus Recreation has to offer from Group Fitness, Aquatics & First Aid, Drop-in Sports, and much more. Check out video tours, self-guided walking tours or equipment usage videos. Visit the [Orientation page](#) for more.

Leadership & Advocacy

- OUSA Delegate Applications:** Make your voice heard! Represent Western at the Ontario Undergraduate Student Alliance General Assembly. Debate, shape policy, and advocate on topics like Indigenous Students, Mature Students, and System Accountability. Applications close Friday, Sept 19 at 5 p.m. EST.

STUDENT LIFE

Academic Support

- Homework Hacks:** Join Learning Development & Success workshops on topics including time management, setting up your learning space, note taking, and more. [View workshops!](#)
- Learn2Learn:** Are you a first year student? Start the year strong with quick, online lessons on time management, note-taking, textbook reading, and test prep. Meet upper-year mentors, build skills for success, and earn Co-Curricular Record recognition.

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.
- Go Abroad:** Have questions about international learning opportunities at home or abroad? Come to an [info session](#) on Sept 11 hosted by staff and volunteers from Western International. With more than 170 learning programs in over 40 countries, there are many possibilities!

Community & Sustainability

- Muslim Student Welcome:** Register to join us for the Muslim Student Welcome on Sept 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.
- 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.

THRIVE ONLINE: Technology at Western - Things We Wish We Knew in First Year



Starting at Western and not sure where to begin with tech and cybersecurity? Two WTS interns share tips and lessons learned to help students avoid common mistakes and make campus tech easier to navigate.

Follow Western Technology Services on [Instagram](#) to stay connected to tips, tricks, and what's new in technology at Western.

Read the Blog

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 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!

PurpleCARE: New Benefits Management Platform

The USC is excited to announce the launch of a new Benefits Management Platform designed to make managing your health and dental plan, PurpleCARE, easier and more efficient. Download the app and register your account today! Note, as of August 31, 2025 you will no longer be able to access your Canada Life account via the current app or web portal.

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
 - Women'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 Lacrosse 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

Mark your calendars: Western HOCO is coming up quickly! The Western Mustangs Homecoming Football Game is on Saturday, Sept 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!

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

Sports Schedule

HOT TAKE

As the fall term kicks off, everyone's got a vibe. Which one are you?

- Holding on to summer (shorts forever) OR**
- Ready for fall (pumpkin spice included)**

Vote Now

Important Dates

- Sept 8:** Deadline to apply for graduation in Fall Convocation
- Sept 12:** Last day to add or drop a Fall/Winter 24-week course (1.0) or a Fall 12-week (0.5) course. Courses dropped by this date have no fee penalty and will not appear on a transcript. Courses dropped after this date will appear on a transcript with a grade of 'WDN' (withdrawn, without academic penalty)
- Sept 30:** 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