

# What's Up Western Grad Students

Your Monthly Student Newsletter | April 6, 2026



## Year-round support for Grad Students

As another academic term comes to a close, Grad Life Coaching appointments remain available year-round to support you. We're here to help you navigate transitions and make the most of your graduate experience.

[Book an appointment](#) to discuss:

- Transitioning into and out of grad school
- Academics and goal setting
- Leadership and professional development
- Wellness and well-being
- Social life on campus
- Community-building

Grad Life Coaching

## Events on Campus

April 9

### SOGS Study Hall

The next SOGS Study Hall will take place on Thursday, April 9 from 10 a.m. to 12 p.m. at the Grad Club. Coffee and tea will be provided at this writing jam session. Come get some work done and meet other grad students! Register to join us (sign-up optional but appreciated!).

SOGS Study Hall

April 10

### Campus Clean & Green

Take part in this Earth Month initiative and help care for the green spaces we all enjoy. Join anytime between 9:30–11 a.m., even 20 minutes makes a difference. Register to help us plan, but drop-ins are welcome. All supplies will be provided by Western Sustainability.

Campus Clean & Green

April 15

### SOGS Board Game Night

Grad students are welcome to sign up for another Board Game Night at the Grad Club. Wednesday, April 15th from 7 to 9 p.m. Nachos will be provided.

Sign Up for Game Night

April 16

### Peer Support Drop-In

Our peer support drop-in sessions provide a space for students to seek support from fellow students. Whether you need help connecting to resources, want to do a quiet craft, or just need someone to talk to, you're welcome to stop by. All volunteers are SafeTalk trained. Join us April 16 from 5 to 7 p.m. in the SOGS Office (MC 8).

Register for Drop-in

April 25

### Komoka Hiking Trip

Join the Graduate Peer Support Committee for an afternoon at the Komoka Provincial Park! The group will take a hike around the park, relax in nature, and get to know their grad student peers. Pick-up/drop-off at Middlesex College, front doors. Tickets: \$5 (non-refundable)

Hiking Tickets

April 25

### Audible Impact Gala

Join this semi-formal evening of networking, dinner, and entertainment at the Wave (UCC), hosted by the Audiology Class of 2027. Open to students, alumni, and faculty. Student tickets are \$50.

Impact Gala Tickets

See All Events

## Campus Life

### WESTERN NEWS: Creatine, electrolytes, protein powder: Do you really need supplements for exercise?



Jessica White (Photo source: Iulia Costache/Faculty of Health Sciences)

Sports dietitian and PhD candidate Jessica White explains how common supplements like creatine and hydration gels can support athletic performance when used appropriately, while emphasizing a food-first approach, proper rest and caution around unproven products and misleading claims.

Read Full News Story

## GET INVOLVED

### Job & Leadership Opportunities

- **SOGS 2026-2027 Vice-Presidents, Non-Executive Officers, and the Sustainability Coordinator Elections:** These roles will be elected at the SOGS April 2026 Council Meeting on April 23 at 6 p.m. Nominations are welcome until April 15 at 11:59 p.m. SOGS members in good standing are welcome to nominate themselves. Learn more at [sogs.ca/elections](#).
- **Job Listings:** Employers are still recruiting for this summer (and beyond)! Check out listings on [Western Connect](#) and get resume/CV support from [Career Education](#).
- **Become a Peer Leader:** Learn how you can gain valuable experience and develop your transferable skills through the [Western Peer Leader program!](#) Positions are still available for Summer 2026 and Fall/Winter 2026-27.
- **Co-Curricular Record:** Turn your campus experience into career impact. You can now add your 2025-26 activities to your [Western Co-Curricular Record](#). Track your involvement, showcase your employable skills, and develop language to tell your story beyond Western.

### Stay Active on Campus

- **Visit the Rec Centre:** Take a study break with FREE [Move Your Mood](#) fitness classes at the Western Student Recreation Centre (WSRC), with registration opening 7 days in advance. You can also drop in for a workout—be sure to check [WSRC exam hours](#) before visiting.
- **Summer Intramurals:** Registration opens on Monday, April 13 at 8 a.m. Summer Intramurals are open to all, not just registered students. Watch for more details in the coming weeks at [@western\\_rec](#).
- **Community Garden Registration (Deadline: May 4):** Join the SOGS Sustainability Coordinator this summer in the Western Community Garden. Grow your own vegetables, herbs, and flowers, or volunteer to support the garden. Limited plots available - [sign up to get involved](#).

### Share Your Feedback

- **Career Interests Survey:** Participate in the [Brainstorm Student Career Interests survey](#) and you could win a \$500 Best Buy Gift Card or one of 10 cash prizes of \$100!

## GRAD STUDENT LIFE

### Academic Support

- **Mindful Moments:** Relax, recharge, and refocus with drop-in meditation weekly on Wednesdays from 12 to 12:30 p.m. in UCC 38B, running until April 22.
- **GRADUpDATE:** Get tips and strategies for success in grad school. In the [April issue](#), we explore music and studying – exploring how different types of music and personal habits can impact focus, productivity, and what works best for you.

### Summer Planning

- **Western Summer Accommodations:** Staying in London this summer? Western Summer Accommodations (WSA) offers a convenient and supportive place to stay from May 7 to August 22 for Western students and referred guests. Whether you're working, studying or spending the summer in the city, WSA provides a flexible housing option. Reservations are now open on the [myHousing Portal](#).
- **Travelling Outside Canada:** Remember to check that your [Duo MFA account](#) has other options enabled (not just your phone number for texts or calls) to ensure you can access Western services.

### Sharing Campus with Geese

It's nesting season, and geese may be more protective of their space. Help reduce conflicts by keeping your distance and following posted signage. Visit [Facilities Management's website](#) for tips, resources, and to report any concerns.

## INSPIRING MINDS: Purvaja Karthikeyan



Purvaja Karthikeyan, a PhD candidate in Electrical and Computer Engineering with a Collaborative Specialization in Planetary Science and Exploration, is exploring how technology can support space research. Her work focuses on developing tools and solutions that help scientists better understand planetary environments. Through her interdisciplinary research, Purvaja is contributing to exciting advancements that bring us closer to exploring and understanding space.

Read more about Purvaja's Research

## WESTERN WELLNESS

### Mental Health Supports

Escalating geopolitical events can cause uncertainty and be heavy for us to process. Western offers a variety of [mental health supports](#) for students year-round, with same-day, next-day appointments available on a first come, first served basis.

### Physical Health Appointments

Health & Wellness Services also offers [medical appointments](#) for all students for illness or injury, allergies, immunizations, [sexual health care](#), and more.

To book a mental or physical health appointment a receptionist 519-661-3030, or visit Thames Hall Room 2170 and speak with a receptionist. If you've visited the clinic before, you can [book your appointment online](#).

### Wellness Resources

Explore the [Wellness Resource Library](#) for tools to help manage end of term stress, including rest & stress tools, grounding exercises, and resources on managing uncertainty and distress.

### Western's Self-Defense Training

Build confidence and learn practical self defense skills in this FREE training for female and non-binary members of the Western community. \$25 deposit required with registration, refunded upon completion. Participants must attend all three half-days: May 4, 5 & 6 from 9 a.m. to 1 p.m. [Learn more & register here!](#)

## OWN YOUR FUTURE

### Upcoming Workshop: Postdoctoral Pathways Lunch & Learn: Strategies for Planning and Funding Your Next Career Move

Interested in a postdoc after your PhD? Join us for an informative session with Mihaela Harnos, Postdoctoral Services Coordinator, where you will learn how to transition to a postdoctoral position and identify sources of funding. Discussion will also consider how a postdoctoral position can support your career journey for careers both within and beyond academia.

This is a lunch & learn session - pizza will be provided!

Date: April 13  
Time: 11 to 12:30 p.m.  
Location: IGAB 1N05

Register Now

## Changes to Alert WesternU – effective April 10



Western is making it faster and easier for you to know about emergency situations on campus with changes to Alert WesternU taking effect April 10. While alerts will continue to be sent to your Western email, you'll need to [download the new Alertable app](#) to keep receiving mobile app notifications. This update will help ensure you get timely information during emergencies.

Alert WesternU

## Important Dates

- **April 2:** Final date for master's candidates to complete the preliminary thesis submission to finish the degree within the winter term and be eligible for the June Convocation.
- **April 23:** Final date for thesis examination for doctoral and master's candidates to complete the degree within the winter term and be eligible for the Spring Convocation.
- **April 30:**
  - Grade submission deadline for winter term grades for students wishing to graduate at Spring Convocation.
  - Deadline for doctoral and master's candidates to submit the thesis for examination to SGPS to be eligible for Thesis Defense Only status for the summer term.
  - Final thesis submission deadline for students wishing to graduate at the Spring Convocation.
  - Winter term ends.

See More Dates

Have feedback? Email us at [WhatsUpWestern@uwo.ca](mailto:WhatsUpWestern@uwo.ca)



Western University 2026  
1151 Richmond Street, London Ontario, N6G 3K7

Unsubscribe info here.

