

What's Up Western Grad Students

Your Monthly Student Newsletter | December, 2025



You've got this, Mustangs!

Can you believe it's almost the end of the fall term? Congrats on making it this far, Mustangs! Remember that Student Experience has a wide range of academic and wellness supports available to grad students to help you through the end of the term.

End of Term Supports

Events on Campus

Dec 1-5

5 Days of SOGSmas

Celebrate the season with five days of festive events on campus and at the Grad Club, including international holiday fun, a movie night, an ugly sweater party and crafts, pop-culture trivia, and the HoliGAY Pride Party. Register or buy tickets for a chance to win one of three SOGS Holiday Gift Packs. Slots are limited and everyone is welcome.

SOGS Events

Dec 2

Therapy Dogs

Don't miss the last therapy dog event of the term! Drop by the Weldon Community Room between 1:30 to 3 p.m. on December 2 to de-stress, and grab a treat from the USC. Enjoy cookies and coffee, plus meet The Goose mascot from 1:30-2:30 p.m. for a fun photo-op. We hope to see you there!

Therapy Dogs

Dec 4

Art Thrive: Fire | Futures

Join us for this free drop-in event, December 4 from 1 to 4 p.m., in the Western Student Recreation Centre (WSRC). Make your own 'stained glass' tealight lantern, and view a program of video art that explores the idea of fire as a metaphor for transformation.

Art Thrive

Dec 4 & 18

Global Café

Join Western International for the last Global Café events of the term. On December 4, enjoy a gingerbread people making session, and on December 18, join us for a special holiday-themed cafe featuring karaoke and board games!

Global Café

Dec 5

Daegu Opernstudio Soloists

Hear three young opera singers from the Daegu Opera House in South Korea make their Canadian debut at Western University at 12:30 p.m. in the von Kuster Hall, Music Building and via livestream!

Friday Concert Series

Dec 8-12

Graduate Writing Week

Join the Writing Support Centre online between December 8-12 for more than 10 seminars on topics including Writing Effective Research Proposals, Summarizing Your Research Into an Abstract, and Getting Published.

Grad Writing Week

Dec 9

We Got You Day

Stop by Weldon Library's Community Room on December 9 from 10 a.m. to 3 p.m. for a fun-filled "We Got You" Wellness Day, where you can destress with activities such as bracelet making, colouring and Lego—no registration required, just drop in and enjoy!

Western Libraries

Dec 11

SOGS Study Hall

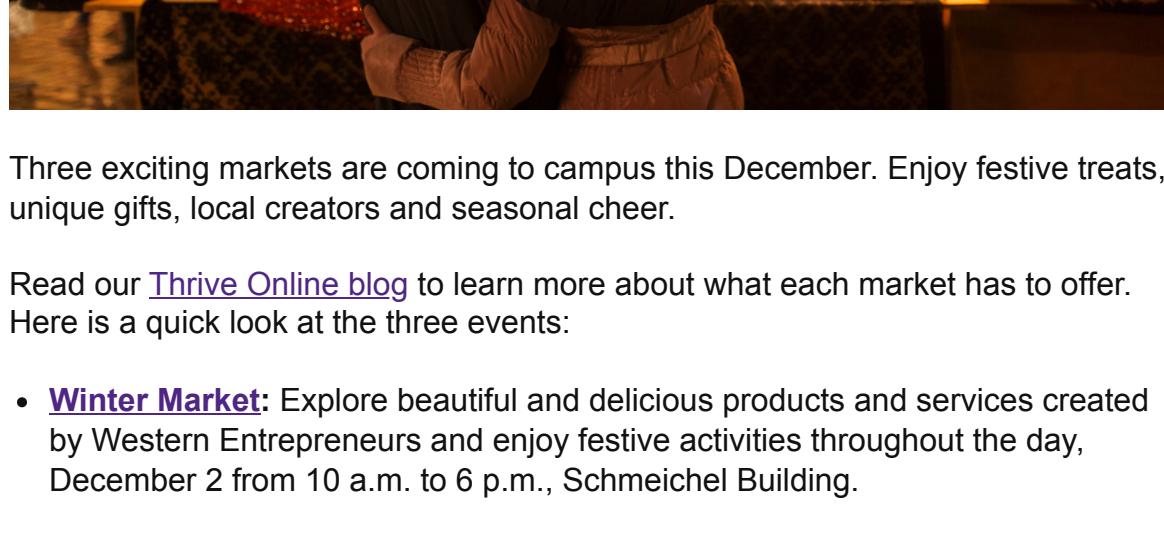
The next SOGS Study Hall will take place on Thursday, December 11 from 10 a.m. to 12 p.m. at the Grad Club. Coffee and tea will be provided at this writing jam session. Come get some work done and meet other grad students! Register to join us.

SOGS Study Hall

See All Events

Campus Life

THRIVE ONLINE: Winter Markets on Campus



Three exciting markets are coming to campus this December. Enjoy festive treats, unique gifts, local creators and seasonal cheer.

Read our [Thrive Online blog](#) to learn more about what each market has to offer. Here is a quick look at the three events:

- **Winter Market:** Explore beautiful and delicious products and services created by Western Entrepreneurs and enjoy festive activities throughout the day, December 2 from 10 a.m. to 6 p.m., Schmeichel Building.
- **Indigenous Winter Market:** Shop for unique handmade gifts while supporting twenty Indigenous creators, artisans and businesses on December 6 from 10 a.m. to 3 p.m., Wampum Learning Lodge. Free admission and parking at 1137 Western Road.
- **Holiday Market:** Ring in the season at Western's first-ever Holiday Market December 9 & 10 from 4 to 9 p.m., at the top of UC Hill! Grab your friends and wander through huts with sweet treats, savoury bites, festive finds and free hot chocolate. Snap a pic with Santa, dance under the stars at the Silent Night Disco, cozy up by the bonfire and enjoy carolers spreading cheer.

Read our blog for more details

GET INVOLVED

Campus Recreation

- **Winter Intramurals 2025:** Registration is now open! It will close on January 12, 2026 at 11:59 p.m. **League space is limited**, and registration is first come, first served. The wait-list is a great alternative option as teams occasionally drop-out. [View the full list of sports.](#)
- **Recreational Sport Clubs:** Western Campus Recreation offers a unique opportunity for the Western student community through Recreational Sport Clubs. Winter term registration starts on December 8, 2025 at 8 a.m.
- **Campus Recreation Exam Hours:** Western Campus Recreation and the WSRC will have slightly adjusted hours during the December exam period. For more information visit [uwo.ca/campusrec](#). Drop by the WSRC atrium Dec 9-12 for a study break and make some Gratitude Cards.

Research & Academic Opportunities

- **Western Research Forum:** Submit your abstract for the 40th annual conference, *Research on the Edge of Change*, celebrating graduate scholarship driving innovation, justice, sustainability, and inclusion. [Learn more & submit here!](#)
- **Academic Joint Fund:** Are you a graduate student planning a conference for your department, faculty, or student association this year? Do you need financial support to make it a reality? Apply for up to \$1,000 from the [Academic Joint Fund \(AJF\)](#)! Apply by January 1 for events taking place in February or March.
- **Senate and Board of Governors elections information session:** Interested in serving on Western's Senate or Board of Governors? Join the online information session on January 8 from 12:30 - 1:30 p.m. to learn about the upcoming elections. Register online by January 6.

GRAD STUDENT LIFE

Career & Professional Development

- **Western Strengths Conference:** Kickstart your new year with a serious career glow-up! Discover what sets you apart, learn how to talk about your strengths with confidence, and get ready to impress employers. Join us on January 10th for our first ever [Western CliftonStrengths Conference](#). Early bird pricing is on now and the first 50 people to register get a free one-on-one coaching session! This is your chance to boost your skills and get ahead in a competitive job market.
- **Grad Application Support:** Applying for grad programs this month? Meet with expert advisors at the [Writing Support Centre](#) for help polishing your written application materials.

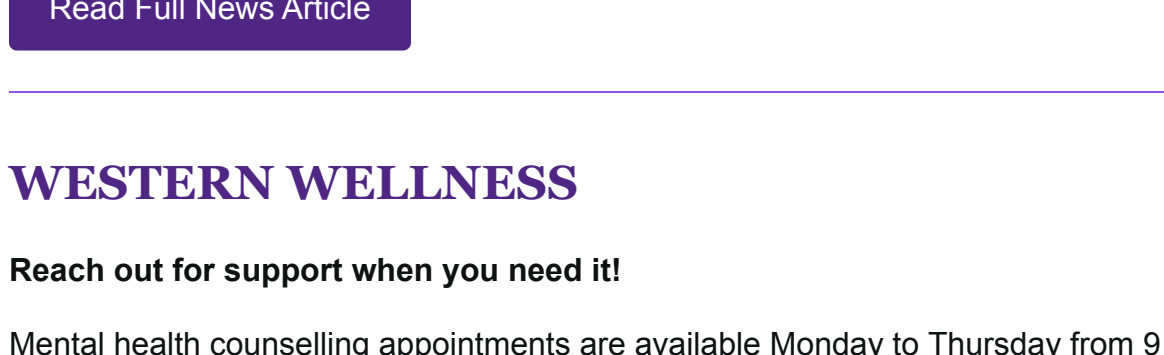
Study Resources & Support

- **Grad Study Hub:** The Grad Study Hub is open until December 11! Join us in this co-working space just for grad students where you can get academic support, connect with peers, and enjoy free snacks. After a short hiatus, it will reopen on January 22, 2026.
- **Library Tips and Tricks for December:** Many libraries have extended hours in December, including Weldon and Taylor, open until 3 a.m. and midnight, respectively. [Check hours for all libraries.](#) Remember to ensure you [pick the study zone that best suits you!](#) Keep an eye for the Treat Trolley moving through Western Libraries throughout December. Stock up on study fuel, swag, and essential supplies to power you through finals.
- **GRADUPDATE:** your monthly dose of tips and strategies for success in grad school. In the [December Issue](#), we discuss giving strategies more time.

Cold Weather Reminder

- Help minimize the risks from extreme cold while you are off campus over the holidays. Extreme cold can damage building systems by freezing pipes and coils, which may lead to flooding. Keep windows and doors closed and report any outdoor air entry points to [Facilities Management](#) at 519-661-3304.

WESTERN NEWS: Simulated measles outbreak trains next generation of public health leaders at Western



(Photo: Cynthia Fazio/Western Communications)

A recent workshop at Western University gave Master of Public Health students hands-on experience responding to a simulated Measles outbreak — just days after Canada lost its measles elimination status. The full-day exercise challenged 58 students to analyze case data, coordinate outbreak responses, and propose strategies to tackle real-world infectious-disease threats.

Read Full News Article

WESTERN WELLNESS

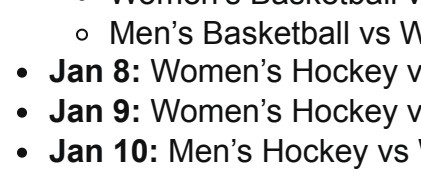
Reach out for support when you need it!

Mental health counselling appointments are available Monday to Thursday from 9 a.m. to 7 p.m., and Friday from 9 a.m. to 4:30 p.m. Some same-day and next-day appointment slots are available - call 519-661-3030 to book an appointment.

Join us for our final Wellness Groups & Art Thrive of the fall term!

- **Queer Connections - December 4 from 2:30 to 4 p.m.**
A 90-minute group for 2SLGBTQIA+ students, offering discussion, support, and connection on topics that matter to the community.
- **Group for International Students - December 9 from 1:30 to 2:30 p.m.**
Our Group for International Students offers a way for you to connect and share with others as well as a place to find support for the issues that affect you as a student at Western and in Canada. We will be offering a range of session topics. Snacks and drinks will be available!
- **Art Thrive: Fire | Moving Light - December 10 from 5 to 7 p.m.**
This year's final Art Thrive takes place at McIntosh Gallery and features a performance by Michelle Wilson and the Coves Collective, a series of films from the Small File Media Festival, and the opportunity to make and modify a view-master reel into an ornament.

Wellness & Well-being



Exciting news Mustangs! **Western is ranked #1 in the country for U SPORTS Academic All-Canadians** - student-athletes who achieved an average of 80% or higher while competing on a varsity team. 559 Western Mustangs student-athletes earned the Scholar Athlete distinction in the 2024-2025 academic year.

This is an exceptional accomplishment, and it reflects the hard work, discipline, and commitment our student-athletes bring to their academics every single day. Their determination, effort, and drive have made these results possible, and we are incredibly proud and proud of this outstanding achievement.

Upcoming Home Games/Events:

- **Dec 5:** Figure Skating Showcase 7 p.m., Thompson Arena. Come out and see the back to back 2024 and 2025 OUA Championship Mustangs Figure Skating team as they put on a figure skating showcase. All are welcome.

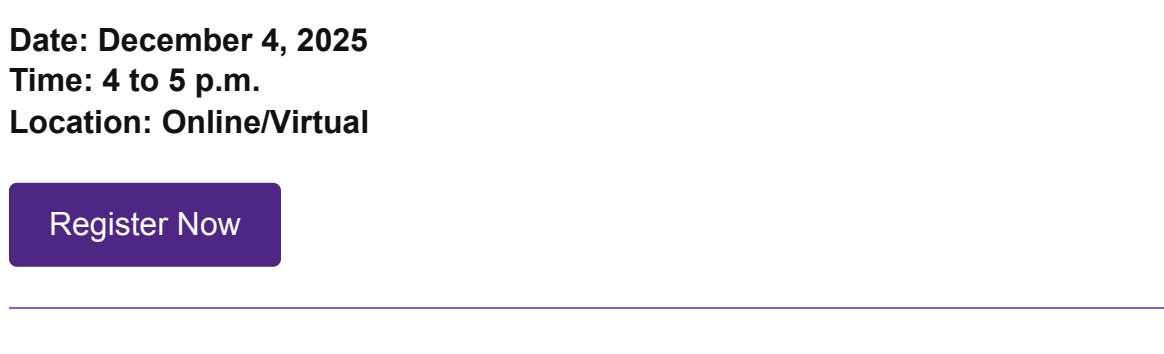
And here's a sneak peek of the Mustangs varsity schedule for after the holiday break.

- **Jan 7:**
 - Women's Basketball vs Windsor Lancers @ 6 p.m., Alumni Hall
 - Men's Basketball vs Windsor Lancers @ 8 p.m., Alumni Hall
- **Jan 8:** Women's Hockey vs Ottawa Gee-Gees @ 7 p.m., Thompson Arena
- **Jan 9:** Women's Hockey vs TMU Bold @ 7 p.m., Thompson Arena
- **Jan 10:** Men's Hockey vs Windsor Lancers @ 7 p.m., Thompson Arena

Sports Schedule

Western students get into all regular-season home games (on campus) for FREE with a valid Western ONECard.

INSPIRING MINDS: Meghan Voll



Meghan Voll, a PhD candidate in the Faculty of Information and Media Studies, researches how mobile dating apps shape intimacy and relationships — focusing on how design choices reflect commercial values and influence user behaviour.

Read more about Meghan's Research

OWN YOUR FUTURE

Upcoming Workshop: Power and Privilege as Agents of Change

This workshop is part of the Own Your Future program's Leadership curriculum in partnership with the Office of Equity, Diversity, and Inclusion. Understanding power and privilege is an important part of personal and professional development. By the end of this workshop, participants will be able to examine their positionality and privilege critically. Identify the dynamics of power within organizations, and learn how to leverage their privilege to foster more inclusive and equitable spaces.

Date: December 4, 2025
Time: 4 to 5 p.m.
Location: Online/Virtual

Register Now

GRADCAST: Check out the official Radio Show & Podcast of SOGS

GradCast is the official podcast of the Society of Graduate Students (SOGS) at Western, showcasing the research and experiences of graduate students. New episodes drop every Tuesday, featuring a different grad student guest.

Check out the latest episode or explore past episodes.

Listen to GradCast

Important Dates

- **Dec 17:** Final date for thesis examination for doctoral and master's candidates to complete the degree within the fall term and be eligible for the February In-Absentia Convocation.
- **Dec 22:**
 - Grade submission deadline for fall term gradates for students wishing to graduate at the February In-Absentia Convocation.
 - Deadline for doctoral and master's candidates to submit the thesis for examination to SOGS to be eligible for Thesis Defense Only status for the winter term.
 - Final thesis submission deadline for students wishing to graduate at the February In-Absentia Convocation.
- **Dec 31:** Fall term ends

See More Dates

Have feedback? Email us at WhatsUpWestern@uwo.ca

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