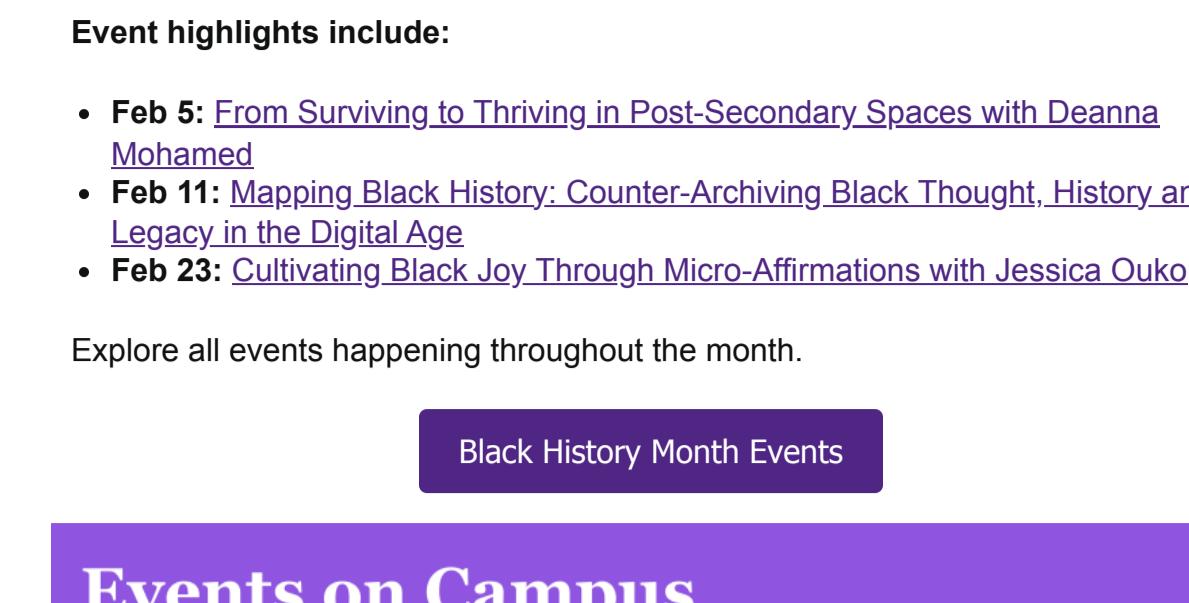


Western

What's Up Western

Grad Students

Your Monthly Student Newsletter | February, 2026



Black History Month

Western University

Celebrate Black History Month!

Join the Office of Equity, Diversity and Inclusion, alongside campus partners, as we honour the vibrancy, achievements and resilience of the Black community. This year's theme is **Black Joy, Glory and Reclamation**. Registration may be required for some events, please see individual descriptions for details. Everyone is welcome to attend.

Event highlights include:

- **Feb 5:** From Surviving to Thriving in Post-Secondary Spaces with Deanna Mohamed
- **Feb 11:** Mapping Black History: Counter-Archiving Black Thought, History and Legacy in the Digital Age
- **Feb 23:** Cultivating Black Joy Through Micro-Affirmations with Jessica Cuko

Explore all events happening throughout the month.

[Black History Month Events](#)

Events on Campus

Feb 2-4

John Yun Broadway Residency

Award-winning Broadway music director John Yun, MMus'12, will be on campus February 2-4 for a three-day residency, leading a variety of events and classes for all those interested in a career in musical theatre.

[John Yun Residency](#)

Feb 3-4

hirewesternu Career Fair

Starts tomorrow! Join us in the Mustang Lounge to meet with 100+ employers hiring for full-time, part-time, and work integrated learning roles. Find the Career Corner booth for on-the-spot coaching and networking tips!

[Career Fair](#)

Feb 5

Therapy Dogs

Drop by for a visit with the St. John Ambulance Therapy Dogs on Thursday, Feb 5 from 1:30 to 3 p.m. in the Weldon Library Community Room!

[Therapy Dogs](#)

Feb 9

SOGS Sexy Trivia & Drag Show

Join SOGS on Monday, February 9 from 7 to 10 p.m. at the Grad Club for Sexy Trivia & Drag Show! Teams of 4 max, registration is required. Sign up today!

[SOGS Sexy Trivia](#)

Feb 10-11

The Line Up

Join us February 10 & 11 from 10 a.m. to 7:30 p.m. at Razor's Edge Barbershop (UCC Lower Level) for a free haircut or beard trim and real conversations about mental health and self-care. Open to students who identify as men (cis or trans). Registration is required, with 30-minute appointments available.

[Secure Your Cut](#)

Feb 12

Sexual Wellness Fair

Join us for Western's 4th Annual Sexual Wellness Fair on Thursday, February 12, from 10:30 a.m. to 2:30 p.m. in the UCC Atrium. Stop by for games, prizes, free swag and sexual health products, plus drag and live music performances over lunch. A welcoming, judgment-free space to explore sexual health, consent, and well-being ahead of Valentine's Day.

[Sexual Wellness Fair](#)

Feb 12

SOGS Study Hall

The next SOGS Study Hall will take place on Thursday, February 12 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 using [this link](#) to join us (sign-up optional but appreciated!).

[SOGS Study Hall](#)

Feb 14

'Embodying the Land: Radical Love in Times of Colonial Violence' with Dr. Jennifer Komorowski

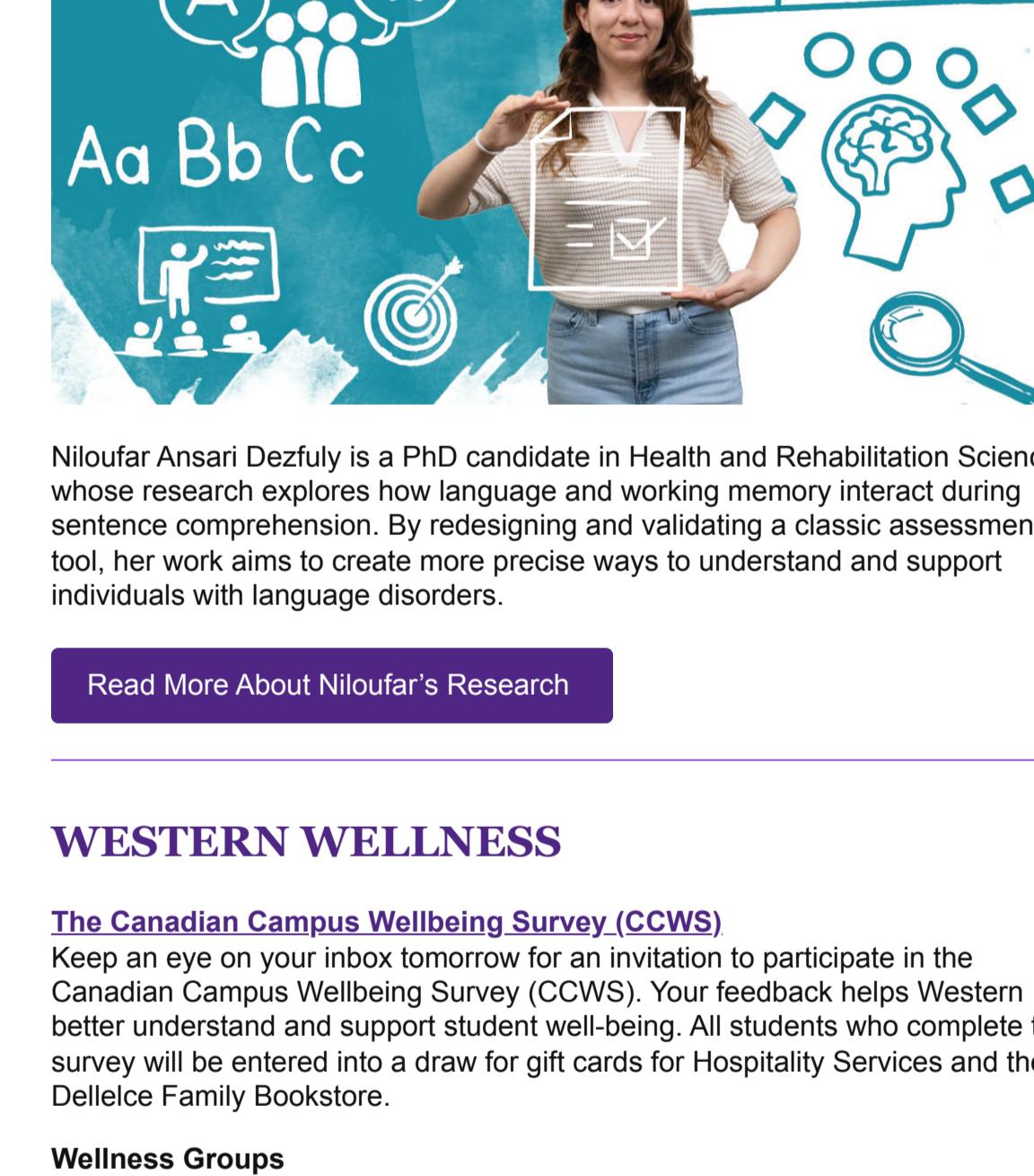
Join Dr. Jennifer Komorowski for an evening of shared learning and reflection ahead of MMWG's National Day of Action and Awareness on February 14. This event explores the ongoing impacts of colonial violence on Indigenous women, girls, and the land.

[Learn More](#)

[See All Events](#)

Campus Life

WESTERN NEWS: Grad student uses AI, machine learning to open new doors in lung disease care AI



(Colleen MacDonald/Western News)

Master's student Helen He is getting an interdisciplinary experience that combines artificial intelligence, advanced lung imaging, patient interaction and data analysis in the API Lab at Western's Robarts Research Institute. Her work is helping researchers move toward more personalized care for patients with asthma.

[Read Full News Story](#)

GET INVOLVED

Leadership & Job Opportunities

- **Work with us this summer:** Applications for Western Launch Student Coordinator and Student Leader roles are open now. See details and apply at [recruit.uwo.ca](#) (search Job ID 41618 and 41622).
- **Sports & Recreation is hiring!** We have hundreds of student opportunities in membership services, fitness, aquatics, event staff, sports information, sport western break & summer campus and more! Come #workwithus.
- **Peer Leader Program:** Learn how you can gain valuable experience and develop your transferable skills through the [Western Peer Leader program](#). Recruiting now for Summer 2026 and Fall/Winter 2026-27.

Scholarships & Research

- **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 \$1000 from the [Academic Joint Fund \(AJF\)](#)!
- **Western Research Forum:** Submit your abstract for the 2026 Western Research Forum, *Research on the Edge of Change!* Western's largest multidisciplinary graduate student research conference will take place on Friday, March 6th, 2026. [Learn more or submit your abstract here!](#) Let poster submissions still be accepted.

Campus Engagement & Workshops

- **Have your say on Western's draft Responsible Investing Policy:** Students are invited to share their feedback on a new draft Responsible Investing Policy. Visit the [Responsible Investing Consultation webpage](#) to learn more.

- **A Space of Cloud/Not Cloud:** Join collaborative experiments by artists Andrew Maize and Lisa Hirmer featuring kites, wind catchers, and smoke bombs. Experience the outdoor event February 9 on University College Hill, and help create an extended photo collage February 10 at McIntosh Gallery.

- **Disability Rights Workshop:** Calling all graduate students with a disability and allies! Hosted by the SOGS Accessibility Commission in collaboration with NEADS, this free Zoom workshop will explore disability rights in graduate school and the workplace, including navigating disclosure and self-advocacy. Join us Tuesday, February 3 at 7 p.m. [Registration is required](#).

GRAD STUDENT LIFE

Academic Support & Study Skills

- **Grad Study Hub:** is open every Thursday from 10 a.m. to 2 p.m. Check out this co-working space just for grad students where you can get academic support, connect with peers, and enjoy free snacks.

- **Weekly Planning Group:** Looking for accountability support for your Master's or PhD? Join a weekly online planning group, open to students at any stage of their program.

- **Grad Workshops:** This month, Learning Development & Success are hosting grad-specific workshops on topics including decoding grad school, motivation in grad school, and imposter syndrome. [See all workshops](#).

- **Indigenous Writing & Presentation Support:** New! If you're an Indigenous student, you can now book a writing or presentation help appointment in the Indigenous Student Centre! Email [Paul Schmidt](#) to book.

- **Study Zone:** Join Study Zone on February 27 at 12:30 or 2:30 p.m. in the Weldon Community Room for a group study session using the Pomodoro Method. Peer Coaches provide structure, accountability, tips, and snacks.

- **GRADUpdate!** Your monthly dose of tips and strategies for success in grad school. In the [February issue](#), explore how emotions can impact reading comprehension and learn strategies to stay focused while tackling academic texts.

Career Coaching

- **Career Education Drop-Ins:** Did you know the Career Education team hosts drop-in supports across campus? Whether you want your resume reviewed by a peer advisor or would like to speak with a Career Coach between classes, they're ready to meet you where you are. [See days/locations](#).

Campus Recreation

- **Move Your Mood:** Get involved and/or stay active on campus! Western Campus Recreation offers free tournaments, events and classes in their Move Your Mood program. Registration opens 7 days in advance of the event. Space is limited. Upcoming event: Glo and Flow Yoga – February 6. [Register now!](#)

- **Reading Week Hours:** Western Campus Recreation and the WSRC will have slightly adjusted hours during Reading Week. For the most up-to-date schedule, visit [uwo.ca/campusrec](#).

Friday 9 a.m. - 4 p.m. **Students Experience is here!** Swing by the SE Building Monday- Friday for sandwiches and baked treats to Western alumni products and more.

INSPIRAL MINDS: Niloufar Ansari Dezfily

Niloufar Ansari Dezfily is a PhD candidate in Health and Rehabilitation Sciences whose research explores how experiences and working memory interact during individuals with language disorders. Her research provides precise ways to understand and support language learning.

[Read More About Niloufar's Research](#)

WESTERN WELLNESS

Take an [online survey](#) on your campus well-being for tomorrow! If you complete the survey, you will receive a \$10 gift card to the [Hospitality Services](#) and the [Dell'Osso Family Bookstore](#). A draw for gift cards for Hospitality Services and the [Dell'Osso Family Bookstore](#).

Wellness Groups

Boost your well-being this term with free group care sessions. These small, supportive groups are designed to help you build skills, connect with peers, and explore topics that matter to you. Grief & Loss Support, Group Coping with Stress, Students & Students, Journey Together (for Black and racialized students), Queer Students, and Relationship Basics (for female- and non-binary students).

Join us Tuesday, February 3 at 7 p.m. [Registration is required](#).

[Learn More & Register for Wellness Groups](#)

Upcoming Workshop: Making & Maintaining Friends on Campus

Join this [interactive workshop](#) on Tuesday, February 24 from 3 to 4:30 p.m. in Themas Hall 3118 to explore why making friends can be challenging and learn practical strategies for building and strengthening connections. Take part in fun activities to win a friendship gift basket. Register for a friend, and enter a draw to win a mystery gift basket. [Register to attend](#).

If available, [call 9-691-3030](#) to book an appointment or mental health supports are available on campus.

THE MUSTANGS

MINUTE

Come check out your Mustang teams in action this month. All regular season home games are free for Western students with valid Western ONECard.

Upcoming Games:

- **Feb 4:** Men's Hockey vs Brock Badgers @ 7 p.m., Thompson Arena

- Women's Volleyball vs York Lions @ 3 p.m., Alumni Stadium

- **Feb 7:**
 - Seniors Hockey vs Lakehead Thunderwolves @ 7 p.m., Thompson Arena

- **Sun, Feb 8:**
 - Seniors Hockey vs Lakehead Thunderwolves @ 7 p.m., Thompson Arena

- **Sat, Feb 11:**
 - Seniors Hockey vs York Lions @ 6 p.m., Alumni Stadium - Seniors Night

- **Sun, Feb 12:**
 - Seniors Hockey vs York Lions @ 6 p.m., Alumni Stadium - Seniors Night

- **Feb 13:**
 - Seniors Hockey vs Algoma Thunderbirds @ 6 p.m., Alumni Stadium - Seniors Night

- **Feb 14:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Feb 15:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Feb 16:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Feb 17:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Feb 18:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Feb 19:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Feb 20:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Feb 21:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Feb 22:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Feb 23:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Feb 24:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Feb 25:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Feb 26:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Feb 27:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Feb 28:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Feb 29:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Feb 30:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Feb 31:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Mar 1:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Mar 2:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Mar 3:**
 - Seniors Hockey vs York Lions @ 7 p.m., Thompson Arena

- **Mar 4:**<