



Welcome back, Mustangs!

We hope you had a restful break and are ready to start the Winter term feeling recharged. To help kickstart your success in 2026, join us at the **Graduate Student Resource Fair** on **January 20** to learn about the many services and supports available to you.

Between 1 - 3 p.m., meet representatives from campus units including the Writing Support Centre, the Centre for Teaching and Learning, the Society of Graduate Students, Western Libraries, and more.

[Graduate Student Resource Fair](#)

Events on Campus

Jan 8 **SOGS Study Hall**

The next SOGS Study Hall will take place on Thursday, January 8 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](#)

Jan 9 **Vancouver Recital Society Visiting Artist Series: Paul Lewis**

Hailed as one of the foremost interpreters of Beethoven and Schubert, internationally celebrated pianist Paul Lewis captivates audiences worldwide with his profound artistry and award-winning performances.

[Paul Lewis](#)

Jan 13 **Leadership Fair**

Join us for the Leadership Fair on Tuesday, January 13 between 10 a.m. - 3 p.m. in the Weldon Library Community Room to learn about opportunities to get involved on campus.

[Leadership Fair](#)

Jan 14 **Desjardins Speaker Series with Steve Ballantyne**

From Food Startup to AI Superpower—Steve Ballantyne shows how tech and grit turned ideas into major exits.

[Speaker Series](#)

Jan 15 **Winter Opening Reception**

Join us at McIntosh Gallery on Thursday, January 15, from 5 to 7 p.m. for the opening reception of our winter exhibitions 'Atmospheric Shifts', and ' (s)werH'. Exhibiting artists Wally Dion, Lisa Hirmer, David Spriggs, and Andrew Maize will be in attendance.

[Opening Reception](#)

Jan 19 **Move Your Mood: Wellness & Rec Fair**

Join us at the Western Student Recreation Centre (WSRC) atrium on Monday, January 19 from 3 to 7 p.m. for a wellness and recreation fair focused on stress management and healthy habits. Enjoy FREE interactive activities like bracelet making, journal making, a petting zoo and more.

[Fair Details](#)

Jan 26-Feb 1 **SOGS OWeek**

Kick off the winter term from January 26 to February 1 with fun events for grad students, including tubing at Boler Mountain, a Winter GradLife Party at the Grad Club, and more. All SOGS members, new and returning, are welcome. Stay tuned for details!

[SOGS OWeek](#)

Jan 30 **Learn to Lead**

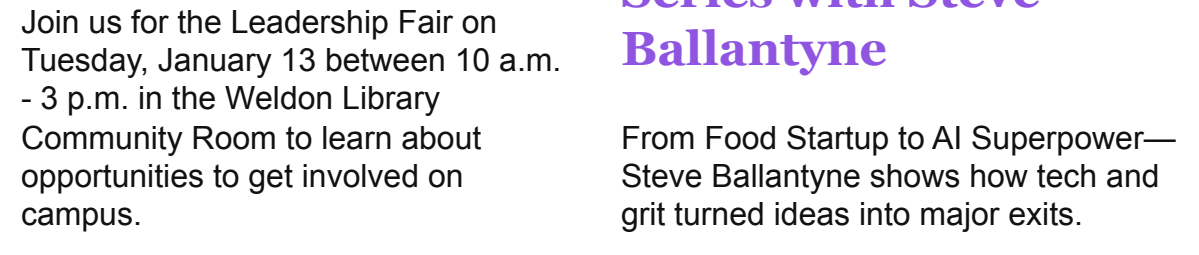
The next Learn to Lead Summit is taking place on January 30. Strengthen your leadership skills and earn a certificate by attending multiple sessions.

[Learn to Lead](#)

[See All Events](#)

Campus Life

WESTERN NEWS: Eight winter reads from the Western community



With winter here, what better time to cuddle up with a cup of cocoa and a good book? *Western News* suggests eight titles by faculty and alumni, from pets to poetry, business to basketball.

[Check Them Out](#)

GET INVOLVED

Leadership & Governance

• **Senate and Board of Governors election information session:** Interested in serving on Western's Senate or Board of Governors? Join the online information session on **January 8** from 12:30 to 1:30 p.m. to learn about the upcoming elections. [Register online by January 6.](#)

• **Orientation and Social Committee:** Love grad life at Western and event planning? SOGS is looking for new members to join the Orientation and Social Committee for the 2026 year. Get involved in planning events and initiatives for the graduate student community. Learn more at [sogs.ca/committees](#).

Scholarship, Research & Professional Development

• **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 March 1 for events taking place in April or May.

• **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. **Submission deadline extended to February 13!**

• **MMI Prep Sessions:** Attend a Multiple Mini Interview (MMI) prep session between January 26-29 to practice for evaluations commonly used for health-related professional school admissions.

• **Climate & Sustainability Awards:** Help us celebrate those driving climate action and sustainability at Western. All Western students, faculty, and staff are eligible to be nominated between January 8 - 30.

Innovation & Entrepreneurship

• **The Entrepreneur Experience:** Start 2026 off right and discover your entrepreneurial potential. Learn how to create a business idea or jumpstart your side hustle. Thursday, January 15, 2026 at 5 p.m. at the Ronald D. Schmeichel Building for Entrepreneurship and Innovation, Collaborator Space.

• **The President's Challenge:** Got an idea that could help improve health care in Canada? The President's Challenge invites all Western students from any discipline to learn up, learn from experts, and tackle real-world problems. Thursday, January 28, 2026 at 5 p.m. at the Ronald D. Schmeichel Building for Entrepreneurship and Innovation, Grand Hall.

Campus Recreation

• **Last Chance to Register for Winter Intramurals:** Winter Intramural 2026 registration closes January 12, 2026 at 11:59 p.m. League space is limited and registration is first come, first served. A wait list is available if leagues fill up. [View available sports and register online.](#)

• **Recreational Sport Clubs:** Get involved with Western Campus Recreation through Recreational Sport Clubs. Winter term registration is now open, with limited space available. [Explore clubs and register online.](#)

• **Winter Locker and Towel Bundle:** Stay warm, dry, and organized this winter with 50% off towel service when you rent a full or half locker for the Winter Term (January to April). Available for purchase in person at the WSRC Welcome Desk. Limited availability, first come, first served.

GRAD STUDENT LIFE

Academic Supports

• **Learn2Thrive:** If you're currently taking graduate-level courses and feeling like last term wasn't your best, consider joining the 6-week Learn2Thrive program. You'll learn strategies to help you thrive both academically and personally.

• **Grad Study Hub** reopens for the term on January 22. Check out this co-working space just for grad students where you can get academic support, connect with peers, and enjoy free snacks.

• **GRADUpdate:** your monthly dose of tips and strategies for success in grad school. In the [January Issue](#), we discuss the purpose of notetaking.

• **Workshops:** Get back into the groove after the holiday break with [new workshops](#) from Learning Development & Success. Plus, [career workshops](#) are back this month with topics ranging from personal branding to networking.

• **Study Zone:** Join a group study session at the Weldon Community Room to boost focus and productivity with the Pomodoro Method. Peer Coaches offer structure, accountability, and tips—plus snacks! [See dates/times.](#)

Academics & Mindfulness

• **Mindfulness for Academic Success** is a 6-week in-person program designed as an introduction to mindfulness and meditation practices. Reflect on how being more mindful can help you succeed as a graduate student.

• **Mindful Moments:** Relax, recharge, and refocus with drop-in meditation every Wednesday starting January 21 from 12 to 12:30 p.m. in UCC 38B.

Finding Community

• **SOGS Events:** Join the SOGS Pride Commission for **Rainbow Coffee Club** on the first Wednesday of each month at 10:30 a.m. at the Grad Club (Jan 7), and **Queerly Beloved Cinema** on the last Wednesday of each month at 7 p.m. (Jan 31, January's film: *But I'm a Cheerleader*). Connect with mature grad students at the **35+ Student Needs Committee**, which meets monthly on the last Thursday at 11 a.m. via Zoom (Jan 29). Come for the community, stay for the fun!

• **Global Café:** All students are invited to special Winter International Student Orientation Global Café events throughout the month of January. Meet and connect with new and returning students from around the world!

INSPIRING MINDS: Charmi Bhatt



Charmi Bhatt is a PhD candidate in the Department of Physics and Astronomy whose research explores how carbon based molecules form in space, using data from the James Webb Space Telescope to better understand molecular processes around dying stars.

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

WESTERN WELLNESS

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. Available groups include **Coping Well** (stress and emotion management), **Grief & Loss Support**, **Group for International Students**, **Journey Together** (for Black and racialized students), **Queer Connections**, **Purple Man's Support Group** (for male-identifying students), **2nd-Gen Circle** (women connecting through stories), and **Relationship Basics** (for female and non-binary students).

[Learn More & Register for Groups](#)

Looking for one-to-one support? [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.

Upcoming Wellness Events & Trainings:

• **Rest & Renew:** Take a break and focus on your well-being. Join us January 28 from 1 to 3 p.m. in the Weldon Library Community Room to rest, decorate a succulent pot, enjoy arts and crafts, and explore resources and supports to help you recharge for second term.

• **Western's Self-Defense Training:** Build confidence and learn practical self defense skills in this two day training for female and non-binary members of the Western community. Participants must attend both days: February 5 from 5 to 8 p.m. & February 6 from 9 a.m. to 5 p.m.

MUSTANGS

Happy New Year Mustangs, there's a ton of indoor home game action this month! Come check out some of our nationally top ranked Mustang teams. All regular season home games are free for Western students with valid Western ONECard.

• **Wed, Jan 7:**

- Women's Basketball vs Windsor Lancers @ 6 p.m., Alumni Hall
- Men's Basketball vs Windsor Lancers @ 8 p.m., Alumni Hall

• **Thurs, Jan 8:** Women's Hockey vs Ottawa Gee-Gees @ 7 p.m., Thompson Arena

• **Fri, Jan 9:** Women's Hockey vs TMU Bold @ 7 p.m., Thompson Arena

• **Sat, Jan 10:** Men's Hockey vs Windsor Lancers @ 7 p.m., Thompson Arena

Follow us [@WesternMustangs](#) on Instagram, FB or TikTok for all upcoming event information, game recaps, behind the scenes with teams and more.

[Full Sports Schedule](#)

OWN YOUR FUTURE

Upcoming Workshop:

Dissertations: Finding Joy in the Writing Process

In this seminar you will gain insight into managing feedback and the expectations of supervisors, and reveal resources to demystify the dissertation writing process. This seminar also addresses how to be active (instead of reactive) to take ownership of your work and even provides a strategy that can forever transform your relationship to your dissertation.

Date: January 20, 2026
Time: 1:30 to 3:00 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

• **Jan 9:** Due date for winter term tuition (first installment).

• **Jan 16:** Grade submission deadline for fall term grades for continuing students.

• **Jan 28:** Last day to provide proof of Permanent Residency to have winter term tuition fees reduced to the domestic rate.

• **Jan 30:**

- Last day to enrol in graduate courses starting in the winter term. Students who are not enrolled by this date cannot receive academic credit for the winter term.
- Last day to declare an audit for a course starting in the winter term.
- Last day to drop a graduate course beginning in the winter term without it appearing on the transcript. Students who drop after this date but before March 1 will receive a WDN on their transcript.

[See More Dates](#)

Have feedback? Email us at WhatsUpWestern@uwo.ca

[Western University 2026](#)
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