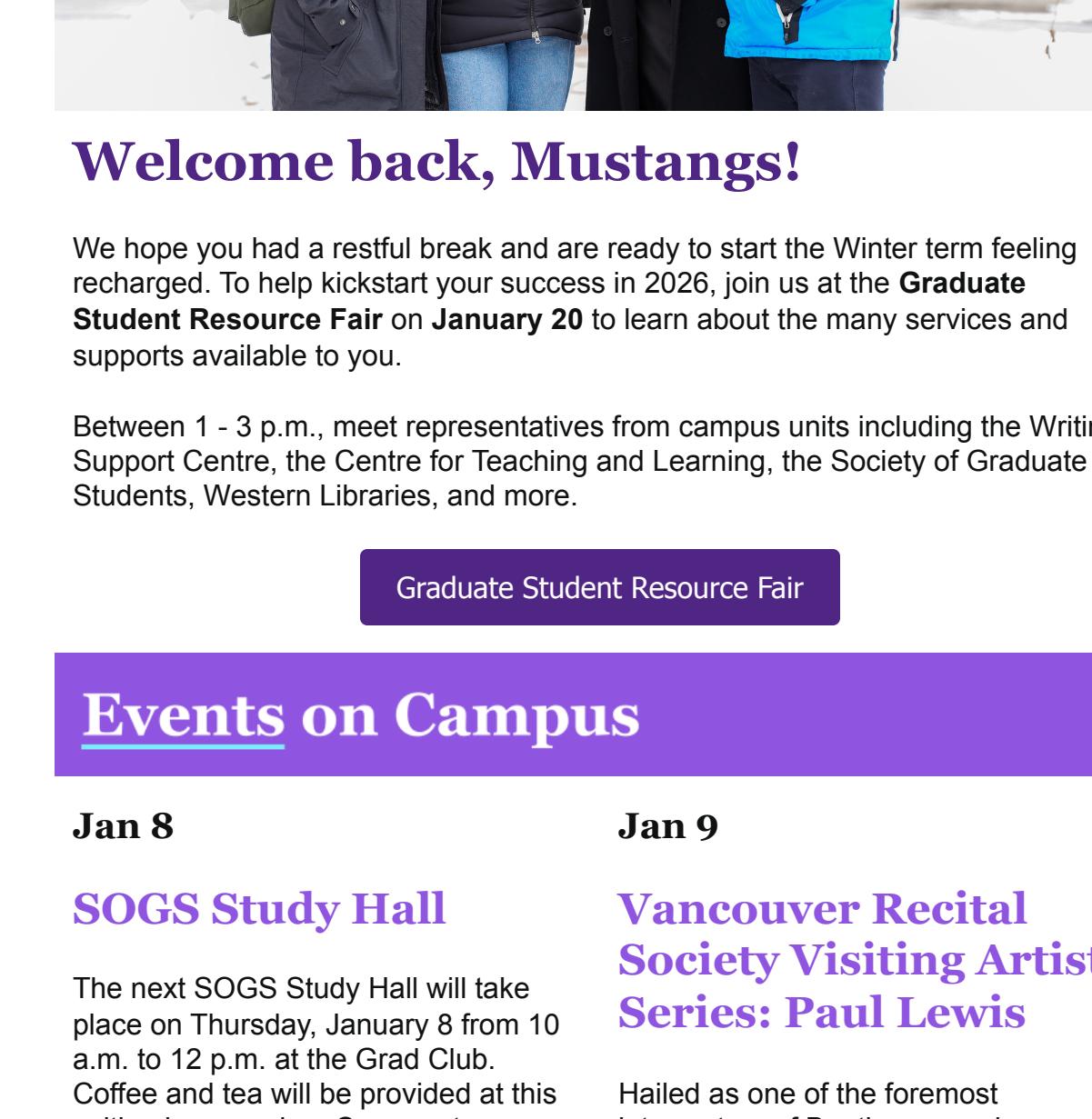




## What's Up Western

### Grad Students

Your Monthly Student Newsletter | January, 2026



### 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(t)art'. Exhibiting artists Wally Dion, Lisa Hirmer, David Springs, 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

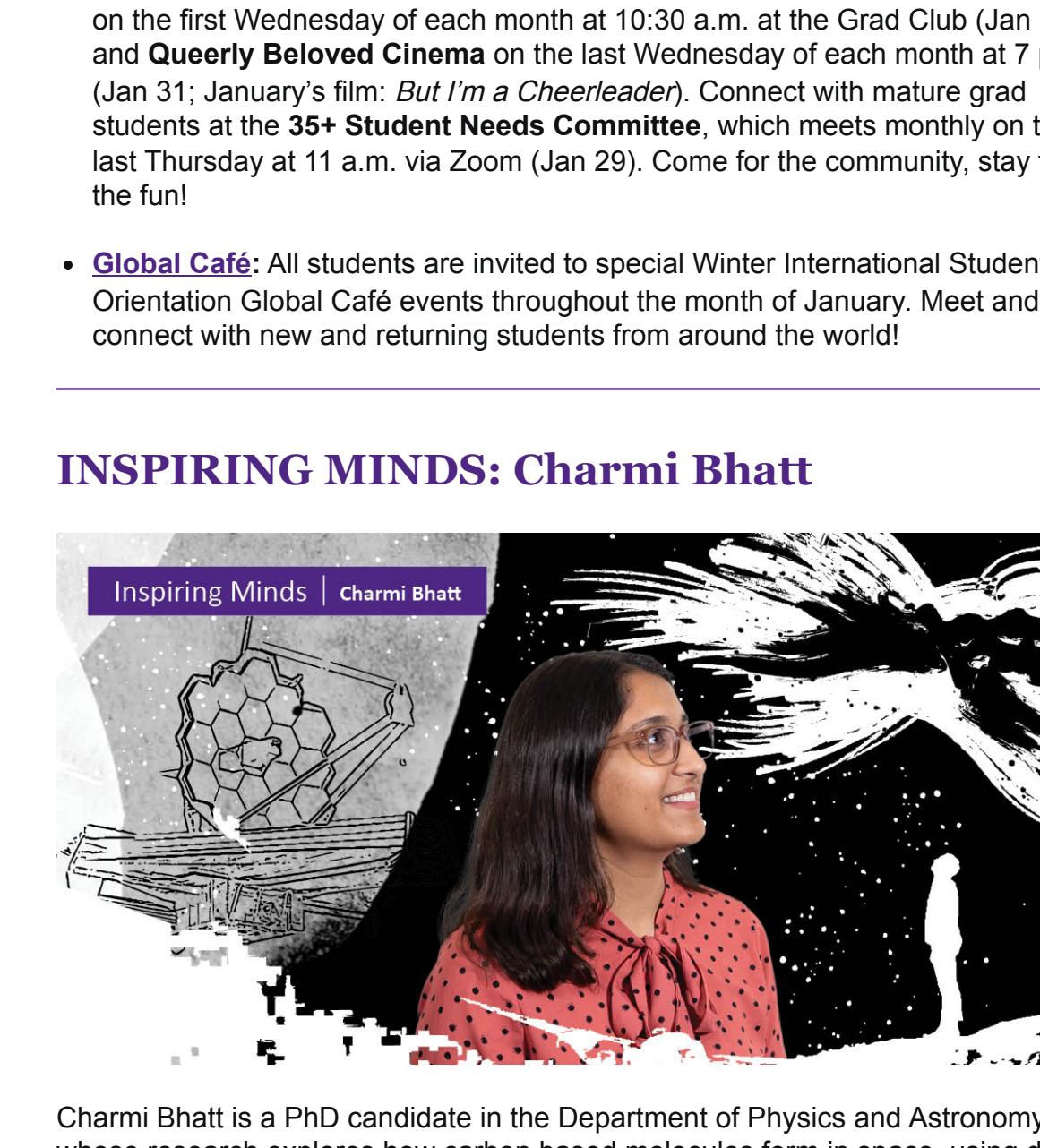
The next Learn to Lead Summit is taking place on January 30. Strengthen your leadership skills and earn a certificate by attending multiple sessions.

[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 6 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 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 team 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](#) and the [Querstly Belovedness](#) Cineonth on month at 10:30 a.m. at the Grad Club (at 7 p.m. (Jan 31; January's film *But I'm a Cheerleader*), Connect with mature grad students at the 35+ film *Student* (Jan 28; film *Student*)). Come for the community, stay for the fun!

- [Global Cafe](#): All students are invited to special Winter International Student Connection with Global Cafes returning throughout the month of January! Meet and

- [Check Them Out](#)

### INSPIRING MINDS: Charmi Bhatt



Charmi Bhatt is a PhD candidate in the Department of Physics and Astronomy, whose research explores Space Telescopes based on molecules found in space, using data processes around dying stars.

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