

# What's Up Western Grad Students

Your Monthly Student Newsletter | March 2, 2026



## March is SDG Month!

This month, Western is celebrating the United Nations Sustainable Development Goals (SDG) through events and initiatives that inspire learning, collaboration, and action across campus.

Featured highlights include the [Western Research Forum](#), the [Climate & Sustainability Awards](#), and additional SDG-focused workshops and events happening throughout the month.

### SDG Month Events

## Events on Campus

### March 3-5

#### Procrastination Awareness Week

Attend virtual workshops to learn time management and study strategy tips from institutions across Canada, including experts from Western! You can also attend a PAL Study Zone for structured study time.

[Procrastination Awareness](#)

### March 5

#### Therapy Dogs

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

[Therapy Dogs](#)

### March 5

#### The Feminist Paradox: More Choice, Same Game?

In this International Women's Day talk, learn how we can mobilize to address the social, economic and political inequalities women face in the world.

[Register for Talk](#)

### March 11

#### Dragons Den Live Auditions

CBC Dragons' Den Open Auditions are coming to Western. The day includes a [panel discussion](#) (11 a.m. to 12 p.m.) with Western alumni who've competed on the show, followed by [open student pitch auditions](#) (1 to 5 p.m.) where founders present their ideas to scouts.

[Dragons Den Auditions](#)

### March 12

#### SOGS Study Hall

The next SOGS Study Hall will take place on Thursday, March 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 to join us (sign-up optional but appreciated!).

[SOGS Study Hall](#)

### March 19

#### Rap and Redemption on Death Row

Musicologist Mark Katz will moderate a conversation with Alim Braxton, a prisoner on death row in North Carolina. Thursday, March 19 at 12:30 p.m. in von Kuster Hall, Music Building.

[Rap on Death Row](#)

### March 20 & 27

#### Study Zone

Join Study Zone sessions this month to boost focus and productivity using the Pomodoro Method, Peer Coaches offer structure, accountability, and tips—plus, free snacks!

[Study Zone](#)

### March 27

#### Learn to Lead

Don't miss the last Learn to Lead Summit of the year! With a variety of sessions to choose from, you can earn leadership certificates while developing valuable transferable skills.

[Learn to Lead](#)

[See All Events](#)

## Campus Life

### WESTERN NEWS: From algae to biofuel: Western study opens doors to cheaper, cleaner fuel sources



Western researchers Bogumil Karas and Emma Walker (Megan Morris/Schulich Medicine & Dentistry)

A researcher's keen eye and a spirit of curiosity led to the discovery of a new method for cell engineering – a finding that opens doors to more sustainable sources for everything from fuel to vitamin supplements.

[Read Full News Story](#)

## GET INVOLVED

### Job & Leadership Opportunities

- **Student Experience is hiring:** Work with us this year in a number of roles actively recruiting, including Student Community Engagement Coordinator, Western Launch Student Coordinator, and Sport Western Administrative Leader and Camp Instructor. Apply now on [Working at Western](#).
- **Become a Peer Leader:** Looking to get involved on campus this summer or next year? Check out open roles with the [Western Peer Leader program](#). You'll gain transferable skills that look great on future job and grad school apps!
- **Senate Committee Nominations:** Interested in serving on a Senate Committee? You'll gain valuable experience and provide student perspective on academic matters. Nominations are open for the 2026-27 year. [Learn more about how to get involved.](#)

### Campus Recreation

- **First Aid Training:** Register for Standard First Aid & CPR C/AED, a comprehensive course covering emergency response skills including injuries, burns, and medical situations. Upcoming sessions: March 7–8, March 21–22, and March 28–29.
- **NEW Drop-in Pickleball:** Free for Western students at the Western Student Recreation Centre (WSRC). Whether you're new to the game or a regular on the court, it's a fun way to stay active and connect with friends at the WSRC. Drop-in sport times are subject to change, so be sure to check the schedule before you play.
- **Move Your Mood:** offers FREE events, classes and programming for Western students. Space is limited. **Upcoming events:** Glow Volleyball - March 6, Yard Games - March 23, Glow & Flow Yoga - March 30. Registration opens 7 days before each event or class. [View the weekly fitness class schedule here!](#)
- **Intramural 1-Day Tournaments:** Register now for March tournaments in Basketball, Dodgeball, Futsal, Volleyball and Pickleball. Intramural 4-day Tournaments in Ice Hockey are also available. The goal of these tournaments is to provide a quick, friendly yet competitive environment for players who are looking to improve their skills in the sport and/or prove they have what it takes to win the purple shirt.

## GRAD STUDENT LIFE

### Academic Supports

- **Winter Workshop Series:** Learning Development & Success has live workshops this month on topics including effective prioritization and project management for grad students, plus a large library of pre-recorded content. [Check it out.](#)
- **Writing Support:** The Writing Support Centre's [upcoming seminars](#) are on topics including annotated bibliographies, writing essay exams, and executive summaries. Need some quick writing or presentation support? [Writing Support Centre drop-ins](#) are back at Weldon starting March 9. Stop by for a 25-minute appointment with an advisor.
- **Mindful Moments:** Relax, recharge, and refocus with drop-in meditation weekly on Wednesdays from 12 to 12:30 p.m. in UCC 38B.
- **GRADUpdATE:** Your monthly dose of tips and strategies for success in grad school. In the [March issue](#), we explore how humour plays into learning.

### Career Supports

- **Career workshops:** are back this month with sessions on personal branding, creating a strategic resume, and more.
- **Training Session:** Increase your understanding of power and privilege in professional spaces and learn practical skills for setting boundaries through a ["Bringing Our Values to Work" training session](#) on March 10.
- **From Classroom to Conflict Zone to Courtroom:** Hear from Norman Farrell as he shares insights from his nearly 40-year legal career prosecuting international crimes, and reflects on pathways from law school to global justice work. [Learn more & register to secure your spot.](#)

### Arts & Culture

- **Sweeney Todd – The Demon Barber of Fleet Street:** Experience this darkly comedic musical thriller running March 5–8, featuring haunting music and a gripping story of love and revenge. [Discounted student tickets available.](#)
- **Western Day:** Celebrate 148 years of Western with a sweet treat! On Thursday, March 5 check out our special selection of purple treats for sale at select cafes around campus (while supplies last). Show your purple and proud spirit by wearing your OFF. Need new Western gear? [Delliece Family BookStore](#) is offering 18.78% OFF storewide—but hurry, the sale ends Thursday, March 5. (Standard exclusions apply.)

**Campus Update: Temporary Road Closure - University Drive**  
University Drive will be closed to vehicle traffic from March 4 to 6 to support construction of the new residence building. Drivers can access campus via Huron and Sunset streets. The south sidewalk in front of Alumni House will be closed during these hours; pedestrians should follow posted detours. Charter buses will continue to access the Medway parking lot for pick-ups and drop-offs.

[Road Closure Details](#)

## INSPIRING MINDS: Taylor-Victoria Northwood



Taylor is a PhD candidate in Neuroscience exploring how the brain encodes and retrieves spatial memories. Driven by a passion for understanding how we navigate the world, Taylor's research combines behavioural experiments with advanced neural recording techniques to uncover how the brain maps experiences.

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

## WESTERN WELLNESS

### Take Care of Your Physical Health

As we head into the final stretch of the Winter term, remember to prioritize your physical health. Health & Wellness Services in Thames Hall offers free medical appointments for students, including same- or next-day care for illness or injury, allergies, immunizations, sexual health care, gender-affirming care, and more. New to the clinic? Call 519-861-3030 or drop in to Thames Hall 2170 to register and book your first appointment. Returning patients can [book online](#). [View clinic hours here!](#)

### Check out some upcoming wellness events & trainings:

- **ADHD & Sex:** Learn how ADHD shows up in relationships, dating, and intimacy with Sabrina Baldini from AfterSexEd. Join this neuro-affirming, interactive session on [Tuesday, March 16](#) from 3 to 4:30 p.m. in SE1 2110, with time for anonymous Q&A, campus resource connections, and a chance to win fun prizes. [Register to attend!](#)
- **Recovery Addiction Awareness Day:** Join this student-led event on March 27 from 10 a.m. to 3 p.m. in the UCC Atrium featuring guest speakers with lived experience, campus and community resources, and opportunities to learn about addition and recovery supports.
- **Western's Self-Defense Training:** Build confidence and learn practical self-defense skills in this training for female and non-binary members of the Western community. The course runs May 4, 5, and 6 from 9 a.m. to 1 p.m., and participants must attend all three sessions. A \$25 deposit is required to register and will be returned at the training. [Register today!](#)



### Mustangs Squash Wins Gold!

The [Mustangs Men's Squash team's incredible streak remains alive after winning the OUA 2026 Championship](#), for the 42nd season in a row in early February.

The [Mustangs Women's Squash team also won their 2026 OUA Championship](#), for the second consecutive year and the 16th time in program history.

### Mustangs Wrestling, Swimming and Track & Field Teams Win Silver!

Both the men's and women's Mustangs [Wrestling teams finished 2nd overall at the OUA provincial championship](#), hosted at home in Alumni hall. The Mustangs teams showcased their depth, preparation, and poise across every weight class.

[Mustangs Swimming brought home Silver Medals](#) (2nd place) from the 2026 Ontario University Athletics (OUA) Provincial Swimming Championships after finishing in 2nd in both the men's & women's team standings. Next stop for the Mustangs is the 2026 U SPORTS National Championship, Mar 12-14 at the Markham Pan Am Centre.

[The Mustangs Track & Field team finished 2nd on both the men's & women's sides at the 2026 OUA Track & Field Championship this weekend.](#) The women's team finished with 133 points, while the men's team finished with 103 points. Next stop for the Mustangs is the 2026 U SPORTS Track & Field Championship, Mar 5-7, from Winnipeg, MB.

### Mustangs Figure Skating

Mustangs Figure Skating will be at the OUA Championship March 4-5, hosted at TMU.

## OWN YOUR FUTURE

### Upcoming Workshop: Leader Character for Professional Development: Collaboration and Humanity

Ivey's Leader Character Framework, developed by Ivey faculty, Mary Crossan, Gerard Seitz, and Jeffrey Gandz, serves as an exploration and activation of 11 character dimensions that work together to promote strong judgment and flourishing. This session is part of a workshop series exploring the connections between leader character and professional development. This session focuses specifically on the character dimensions of collaboration and humanity.

Following this workshop, participants will be able to:

- Describe the character dimensions of collaboration and humanity while reflecting on how these are activated in personal and professional contexts
- Reflect on connections between collaboration, humanity, professional development, and transferable skills
- Utilize tools and resources for strengthening the character dimensions of collaboration and humanity

**Date:** March 19

**Time:** 1 to 3 p.m.

**Location:** IGAB 1N05

[Own Your Future & Register Now](#)

## Important Dates

- **March 8:** Daylight Savings
- **March 19:** Final date for doctoral candidates to complete the preliminary thesis submission to finish the degree within the winter term and be eligible for the June Convocation.
- **March 26:**
  - Recommended deadline to submit to the School of Graduate and Postdoctoral Studies any request for a Change of Registration for the summer term (leave of absence, part-time status, transfer from master's to doctoral degree, intent to be eligible for TDO status etc.).
  - Recommended deadline to Apply to Graduate for Spring Convocation.

[See More Dates](#)

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



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[Unsubscribe info here.](#)

