



Happy Reading Week, Mustangs!

You've made it halfway through the Winter term—great job! Whether you're catching up on coursework, taking a breather, or doing a little bit of both, you've earned this pause.

Many supports, services, and programs remain available during Reading Week, including [academic support](#), [career guidance](#), [wellness services](#), [Campus Recreation](#), and exciting Mustangs playoff action.

Scroll down to see what's happening over Reading Week and into the first week back.

Events on Campus

Feb 19

Western Continuing Studies Info Booth

Stop by the UCC Atrium on Thursday, February 19 between 9:30 a.m. - 2:30 p.m. to connect with Western Continuing Studies and learn about one-year diploma programs designed to build practical skills and boost your employability.

[Continuing Studies](#)

Feb 23

Cultivating Black Joy Through Micro-Affirmations with Jessica Ouko

Join the Office of EDI and Jessica Ouko for a webinar highlighting Black Joy as a vital expression of identity, resilience and belonging.

[Cultivating Black Joy](#)

Feb 24

Making & Maintaining Friends on Campus

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

[Register for Workshop](#)

Feb 25

Art of Creation Exhibition

Join us for the opening reception for the 'Art of Creation', an arts-based research and knowledge translation initiative lead by McMaster University in partnership with the Art Gallery of Hamilton where complex biological science has been woven together with arts-based communication and public educational programming.

[Art Exhibit](#)

Feb 26

ASE Your Learning

Join Accessible Education, Learning Development & Success, and the Writing Support Centre for an interactive fair designed to help you maximize your academic potential so you can finish the year strong. February 26 from 12 to 3 p.m. in the Weldon Community Room.

[ASE Your Learning](#)

Feb 27

Study Zone

Join Study Zone on February 27 at 12:30 or 2:30 p.m. Study Zone is a group study session at the Weldon Community Room to boost focus and productivity using the Pomodoro Method. Peer Coaches offer structure, accountability, and tips—plus, snacks!

[Study Zone](#)

[See All Events](#)

Campus Life

Western Launches New Climate & Sustainability Strategy



Western University has launched a new [Climate and Sustainability Strategy](#), laying the foundation to help shape a healthy, just and regenerative future on campus and beyond. Learn how Western is taking long-term, practical action towards a regenerative future.

[Climate & Sustainability Strategy](#)

GET INVOLVED

Leadership & Job Opportunities

- **Become a Peer Leader:** Looking for a way to gain experience while you're still in school? Many employers look for more than just a degree! Join the [Western Peer Leader program](#) to gain real-world skills like leadership, communication, and teamwork.

- **Sports & Recreation is hiring!** We have hundreds of student opportunities in membership services, fitness, aquatics, event staff, sports information, Sport Western camps and more! Come #workwithus.

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 events:** *Learn to Lift - March 2*, *Glow Volleyball - March 6*. Register 1 week prior!
- **NEW Drop-in Pickleball!** Grab a paddle and join us for NEW Drop-In Pickleball at Western Campus Recreation. 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 WSRRC. Drop-in sport times are subject to change, so be sure to check the schedule before you play.

Share Your Feedback

- **Have Your Say: Teaching, Learning & Accessibility at Western:** USC's Teaching, Learning and Assessment (TLA) & Accessibility Survey is now open — share your experiences to help improve teaching, equity, and accessibility at Western. [Complete the survey](#) for a chance to win a \$500 VISA gift card!
- **The Canadian Campus Wellbeing Survey (CCWS):** Keep an eye on your inbox this week for your last chance to participate in the CCWS. Your feedback helps Western better understand and support student well-being. All students who complete the survey will be entered into a draw for gift cards to Hospitality Services and the Dellelce Family Bookstore.

STUDENT LIFE

Academic & Career Support

- **Learning Workshops:** Lock in after Reading Week with workshops from Learning Development & Success on topics including bouncing back from academic setbacks and implementing feedback.
- **Peer Assisted Learning (PAL):** Our PAL team is hosting a series of upcoming study sessions before major midterm exams for courses including Psych 1002 and Chem 1302. See details on the [Western Connect](#) events calendar.
- **Writing Support:** Join the Writing Support Centre next week for seminars on [writing in different disciplines](#).
- **Career Tips:** Visit the new [Career Resource Hub](#) on OWL to dig into career-related content that will help you navigate job applications, networking, interviewing, and more. Need additional support? [Book an appointment](#) with a Career Coach.

Student Perks & News

- **Save 15% on VIA Rail for Reading Week Travel:** Heading home for Reading Week? Thanks to the USC, students receive 15% off VIA Rail fares, making travel more affordable and convenient. Plan ahead and take advantage of the discount for your next trip.
- **USC Purple Finale featuring NLE Choppa:** Purple Frost is now Purple Finale featuring NLE Choppa, rescheduled to March 25, 2026!

Art & Mindfulness

- **Mindful Mondays at the Gallery:** Join us for this guided slow-looking + mindful experience at McIntosh Gallery, from 12:15–1:00 p.m. on February 23, with facilitator Benjamin Tran, in the current exhibition *Atmospheric Shifts*.

- **Art Now! Atmospheric Shifts and Turbulent Times:** Join the Zoom panel with artists Wally Dion, Lisa Hirmer, Andrew Maize, and David Spriggs, moderated by Curator Helen Gregory, presented in partnership with the Department of Visual Arts. [Register here!](#)

THRIVE ONLINE: Reading Week Reboot: Recharge, Refocus, and Reset



Feeling the pressure to be "productive" over Reading Week? In the latest Thrive Online blog, Brenda shares a refreshing take on slowing down, recharging, and spending your break in ways that actually feel good.

[Read Brenda's Blog](#)

WESTERN WELLNESS

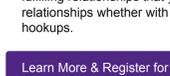
Take care of your health

Cold and flu season is still in full swing, and Reading Week is a great time to check in on your health. Health & Wellness in Thames Hall offers same- or next-day appointments for acute illness or injury, allergies, immunizations, pregnancy and sexual health care, gender-affirming care, and more. [Book your appointment](#) and take care of yourself.

Upcoming Wellness Groups:

- **Coping Well - Starting February 23 | Mondays | 2 to 3:30 p.m.**
This 4-week skills group is designed specifically for students who want to build effective coping strategies and thrive during their studies. You'll gain skills in mindfulness, distress tolerance, emotion regulation, and more.
- **Relationship Basics - Starting February 26 | Thursdays | 1:30 to 3 p.m.**
This 4-week group focuses on learning how to form the meaningful and fulfilling relationships that you want. Students can discuss all types of relationships whether with friends, romantic/sexual partners, or more casual hookups.

[Learn More & Register for Groups](#)



Mustangs Home Playoff Action starts this week!

- **Wed, Feb 18:** Women's Basketball vs Ottawa Round #1 @ 6 p.m., Alumni Hall
- **Fri, Feb 20:** Women's Volleyball vs Toronto Round #1 @ 6 p.m., Alumni Hall
- **Sat, Feb 21:** Men's Basketball vs TBD Round #2 @ 2 p.m., Alumni Hall

The first 200 students to purchase their tickets receive a **FREE ticket with code** at checkout. Student code is available on the ticket website. Students may be asked to present their valid Western ONECard upon request. For more information or to reserve your free student ticket for home playoff games, visit:

[Mustangs Playoff Tickets](#)

Follow us [@WesternMustangs](#) on Instagram, FB or TikTok for all upcoming event information, game recaps, behind the scenes with teams and more. And check out all our sporting events at [westernmustangs.ca/calendar](#)

HOT TAKE

Reading Week is for...

- Catching up on sleep
- Catching up on work
- A bit of both
- Laying low and recharging

[Vote Now](#)

Important Dates

- **Feb 18:** Summer Term Activation and access to course registration will be available through Student Center
- **Feb 25:** Intent to Register opens for undergraduate students
- **Feb 27:**
 - Last day to add a Winter 6-week second quarter ("T") course
 - In Absentia February Convocation

[See More Dates](#)

Have feedback? Email us at WhatsUpWestern@uwu.ca



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[Unsubscribe info here.](#)

Western  Student Experience