

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 Ouko](#)

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 8

USC Superbowl Watch Party

Join the USC on Sunday, February 8 at The Wave for our annual Super Sunday Watch Party, featuring an all-you-can-eat buffet, door prizes, games, and drink specials.

[Superbowl Watch Party](#)

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 14

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

Join Dr. Jennifer Komorowski for an afternoon of shared learning and reflection ahead of MMIWG 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

PHOTO FEATURE: Therapy Dogs on Campus



This golden retriever is spreading some Valentine's cheer on campus. Drop by the Weldon Library Community Room on Thursday, February 5 from 1:30 to 3 p.m. to meet the St. John Ambulance Therapy Dogs, relax, and enjoy some furry love during a busy February.

[Therapy Dogs](#)

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).
- **The USC is hiring:** Check out our many opportunities, including internships, VP roles, and volunteer positions with the USC.
- **Sports & Recreation is hiring!** We have hundreds of student opportunities in membership services, fitness, aquatics, event staff, sports information, sport western march break & summer camps 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.

Campus Engagement

- **USC Elections:** Mustangs, it's time to vote! [Voting](#) is open from February 2 – 4. Join us to celebrate [Election Results Night](#) on February 5 at 7 p.m. in the Mustang Lounge.
- **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.

STUDENT LIFE

Academic Support

- **Study Sessions:** Our Peer Assisted Learning (PAL) team is hosting a series of study sessions this month before major midterm exams for courses including Math 1229, Psych 1002, and Computer Science 1026. See details on the [Western Connect](#) events calendar.
- **Learning Workshops:** This month, Learning Development & Success are hosting workshops on topics including imposter syndrome, studying for STEM exams, and what to do when you've fallen behind in your work. [See all workshops.](#)
- **Writing Support Seminars:** Learn about writing more clearly, crafting an argument, and editing and proofreading with the Writing Support Centre's [upcoming seminars.](#)
- **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.

Career Development

- **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](#).

New Food Spot: Founders Cafe is here! Swinging by the SEI Building Monday to Friday 9 a.m. - 4 p.m. and experience our signature Uba Matcha and your cafe favourites from sandwiches and baked treats to Western alumni products and more.

THRIVE ONLINE: Level Up Your Study Game at the Study Zone



Tuleen attends a Study Zone session and shares how it created a structured, supportive group environment that boosts focus, motivation, and academic wellness using the Pomodoro Method and shared accountability. Check out her blog to learn more and see upcoming drop-in Study Zone dates!

[Read Tuleen's Blog](#)

Interested in writing for Thrive Online? We are currently hiring volunteers through the [Western Peer Leader Program](#) to become a Digital Peer Leader for Summer 2026 (Job id: 125347) and Fall/Winter 2026-2027 (Job id: 125350).

WESTERN WELLNESS

The Canadian Campus Wellbeing Survey (CCWS)

Keep an eye on your inbox tomorrow for an invitation to participate in the Canadian Campus Wellbeing Survey (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 for Hospitality Services and the Dellelce 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. 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 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 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!](#)

Need Support?

If you're feeling overwhelmed this term, confidential mental health supports are available. Call 519-661-3030 to [book an appointment](#) or connect with [wellness resources](#) on campus.

MUSTANGS MINUTE

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

Upcoming Games:

- **Wed, Feb 4:** Men's Hockey vs Brock Badgers @ 7 p.m., Thompson Arena
- **Fri, Feb 6:**
 - Women's Volleyball vs York Lions @ 1 p.m., Alumni Stadium
 - Men's Volleyball vs York Lions @ 3 p.m., Alumni Stadium
- **Sat, Feb 7:**
 - Wrestling OUA Championships - admission is free - Alumni Hall - all day
 - Men's Hockey vs Lakehead Thunderwolves @ 7 p.m., Thompson Arena - Seniors Night
- **Sun, Feb 8:**
 - Women's Volleyball vs York Lions @ 4 p.m., Alumni Stadium - Seniors Night
 - Men's Volleyball vs York Lions @ 6 p.m., Alumni Stadium - Seniors Night
- **Fri, Feb 13:**
 - Women's Basketball vs Algoma Thunderbirds @ 6 p.m., Alumni Stadium - Seniors Night
 - Women's Hockey vs York Lions @ 7 p.m., Thompson Arena
 - Men's Basketball vs Algoma Thunderbirds @ 8 p.m., Alumni Stadium - Seniors Night
- **Sat, Feb 14:** Women's Hockey vs Nipissing Lakers @ 7 p.m., Thompson Arena - Seniors Night

[Sports Schedule](#)

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

HOT TAKE

Valentine's Day is...

- A fun excuse to celebrate love
- Just another regular day
- A self-care holiday for me
- Overrated — I'm busy with school

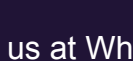
[Vote Now](#)

Important Dates

- **Feb 6:** Last day to drop a Winter 6-week first quarter ('S') course without academic penalty
- **Feb 13:** Winter 6-week first quarter ('S') courses end
- **Feb 14-22:** Reading Week
- **Feb 18:** Summer Term Activation and access to course registration will be available through Student Center

[See More Dates](#)

Have feedback? Email us at WhatsUpWestern@uwo.ca



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[Unsubscribe](#) info here.

Western StudentExperience