



# Take care of your wellness!

Start the new term by taking care of yourself! Western's Health & Wellness team is offering a variety of supportive group care sessions this term, including Coping Well, Queer Connections, Journey Together, and more. Whether January has been challenging or you're looking to build healthy habits, these groups are here to help you connect, learn skills, and support your well-being.

[View Wellness Groups](#)

## Events on Campus

**Jan 20-23**

### Winter Clubs Week

New semester, a new opportunity to check out USC clubs in Mustang Lounge, January 20-23. It's not too late to join a club, last day to purchase a membership is February 15, 2026. See you at Winter Clubs Week!

[USC Clubs Week](#)

**Jan 23**

### Study Zone

Join Study Zone on January 23 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 with the Pomodoro Method. Peer Coaches offer structure, accountability, and tips—plus snacks!

[Study Zone](#)

**Jan 26-29**

### MMI Prep

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

[MMI Prep](#)

**Jan 28**

### 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.

[Rest & Renew](#)

**Jan 30**

### Reclaiming Our Joy, Building Our Futures: A Black Legacy Conference

Calling all Black students! Join the Office of EDI, BSA and ASA for this career and wellness conference, supporting Black student success at Western and beyond.

[Black Legacy Conference](#)

**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 online sessions.

[Learn to Lead](#)

[See All Events](#)

## Campus Life

### PHOTO FEATURE: Snowy Campus



Photo source: Western Communications

With winter weather upon us, before you head to campus, go to [uwo.ca/weather](https://uwo.ca/weather) to confirm if campus is operating on a regular schedule. This page is updated daily at approximately 7 a.m. and 2:30 p.m.

[Winter Weather Updates](#)

## GET INVOLVED

- ### Leadership & Job Opportunities
- Support Orientation & Beyond:** Work with us! The Transition Programs Student Coordinator role supports Orientation and beyond for students entering in Fall 2026. Gain leadership, communication, and event management skills while supporting students and Sophs participating in Canada's best Orientation program. Applications are due Friday, January 23 through <https://recruit.uwo.ca> (search Job ID 41440).
  - Work with the USC:** Internship & Volunteer applications are now open at the University Students' Council. Check out the [full list of opportunities!](#)
  - Become a Peer Leader:** Learn how you can gain valuable experience and develop your transferable skills through the [Western Peer Leader program!](#) Many roles are recruiting now for Summer 2026 and Fall/Winter 2026-27.
  - OUSA Delegates:** Apply to be a Western Delegate for OUSA's General Assembly! Want to influence student life across Ontario? Join the Ontario Undergraduate Student Alliance (OUSA) and represent Western this Winter. Check out [@westernusc](#) on Instagram for more info.
  - 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
- 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.
    - [Free Learn to Lift \(Women's\)](#) – Sunday, January 18 - various time available
    - [Free Learn to Lift \(Men's\)](#) – Sunday, January 18 - various times available
    - [Free Glow Spike Ball](#) – Friday, January 23 at 7 p.m.
    - [Free Glow Pickleball](#) – Friday, January 30 at 7 p.m.
  - Aquatic Training:** Ever thought of completing your Bronze Medallion or Bronze Cross? Looking to lifeguard one day? Are you an experienced Instructor or Lifeguard and are looking to become an Examiner, Advanced Instructor or Instructor Trainer? We offer a full complement of leadership courses to enhance your aquatic training.

## STUDENT LIFE

- ### Academic Supports
- Writing Support:** Attend a [writing seminar](#) this week to learn about topics including understanding and planning your written assignments and referencing your paper.
  - Learn2Thrive:** If you're feeling like last term wasn't your best, consider joining the 5-week Learn2Thrive program. You'll learn strategies to help you thrive both academically and personally.
  - Peer Assisted Learning (PAL) Centre:** Get one-to-one, course-specific advice from upper-year students at the PAL Centre.
- ### Mindfulness on Campus
- Mindful Mondays at McIntosh:** Slow down, relax, and reconnect with yourself in this guided mindfulness experience, taking place in the current exhibitions at McIntosh Gallery monthly, starting January 19 at 12:15 pm. [Register here!](#)
  - Mindful Moments:** Relax, recharge, and refocus with drop-in meditation weekly Wednesdays starting January 21 from 12 to 12:30 p.m. in UCC 38B.

- ### Career Development & Networking
- Career Fair:** Save the date! The [hirewesternu Career Fair](#) returns to campus on February 3 and 4 in the Mustang Lounge. [Book an appointment](#) or [drop-in](#) for career support leading up to the last major networking event of the year.
  - Impact Seminar Series:** There's life after a neuroscience degree! Discover different paths. BrainsCAN will be hosting the second event in its Impact Seminar Series on career development on January 29 from 2 to 4 p.m. in SEI 4106 featuring a panel of past BrainsCAN researchers who have excelled both in and out of academia.

## Western's Free Store: Take What You Need, Give What You Can!

# FREE STORE

Take what you need, give what you can!

Learn how Western's Free Store supports sustainability and community by making reuse simple and accessible on campus.

[Read Tuleen's Blog](#)

## WESTERN WELLNESS

**Mental Health Supports**

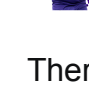
If the new term, current world events, or other stressors are affecting your well-being, Western's Health & Wellness team is here to help. [Access resources](#), connect with [supportive groups](#), or book a confidential [mental health appointment](#) by calling 519-661-3030. If you need immediate support, [crisis and after-hours resources](#) are also available.

**Upcoming Wellness Groups & Events:**

- Group for International Students - January 27 from 1:30 to 2:30 p.m.**  
Our Group for International Students offers a way for you to connect and share with others as well as a place to find support for the issues that affect you as a student at Western and in Canada. Topic for January 27: A conversation on friendships. Snacks and drinks will be available!
- Purple Man's Support Group - January 28 from 2 to 3:30 p.m.**  
This group offers a safe, supportive space for male students to reflect on what it truly means to be a man today, beyond stereotypes and social expectations. We'll explore how masculinity, emotional health, and relationships intersect in everyday life.
- Queer Connections - January 29 from 2:30 to 4 p.m.**  
A 90-minute group for 2SLGBTQIA+ students, offering discussion, support, and connection on topics that matter to the community.

[View all Groups & Register](#)

- Western's Self-Defense Training:** Build confidence and learn practical self defense skills in this two day FREE training for female and non-binary members of the Western community. \$20 deposit required with registration, refunded upon completion. Participants must attend both days: February 5 from 5 to 8 p.m. & February 6 from 9 a.m. to 5 p.m. [Register here!](#)



## MUSTANGS MINUTE

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

- Fri, Jan 23:**
  - Women's Basketball vs Toronto Varsity Blues @ 6 p.m., Alumni Hall
  - Women's Hockey vs Laurier Golden Hawks @ 7 p.m., Thompson Arena
  - Men's Basketball vs Toronto Varsity Blues @ 8 p.m., Alumni Hall
- Sat, Jan 24:**
  - Women's Basketball vs TMU Bold @ 6 p.m., Alumni Hall
  - Women's Hockey vs Toronto Varsity Blues @ 7 p.m., Thompson Arena
  - Men's Basketball vs TMU Bold @ 8 p.m., Alumni Hall
- Wed, Jan 28:** Men's Hockey vs Windsor Lancers @ 7 p.m., Thompson Arena
- Fri, Jan 30:**
  - Women's Basketball vs Laurier Golden Hawks @ 6 p.m., Alumni Hall
  - Men's Hockey vs York Lions @ 7 p.m., Thompson Arena
  - Men's Basketball vs Laurier Golden Hawks @ 8 p.m., Alumni Hall
- Sat, Jan 31:**
  - Men's Hockey vs TMU Bold @ 3 p.m., Thompson Arena
  - Women's Basketball vs Waterloo Warriors @ 6 p.m., Alumni Hall
  - Men's Basketball vs Waterloo Warriors @ 8 p.m., Alumni Hall

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

[Sports Schedule](#)

### HOT TAKE

New Year's resolutions are...

- Life-changing
- Nice, but flexible
- Only for January
- Not for me

[Vote Now](#)

## Important Dates

- Jan 22:** Deadline for applications for graduation: In Absentia February Convocation
  - Jan 30:** Last day to withdraw from a Fall/Winter 24-week course resulting in a grade of 'WDN' (withdrawn, without academic penalty). Course withdrawals after this date will appear on a transcript with a grade of 'F'
- [See More Dates](#)