



**Welcome back, Mustangs!**

We hope you had a restful break and are ready to kick off the Winter term feeling recharged. If you're interested in opportunities to get involved on campus next year, join us at the Leadership Fair on January 13 in the Weldon Library Community Room.

Teams within Student Experience and across campus are recruiting now for the 2026-27 academic year!

Leadership Fair

Events on Campus

**Jan 8**

**Global Café**

Global Café returns! Join Western International every Thursday, starting January 8 from 3 to 5 p.m. in IGAB. All students are invited to special Winter International Student Orientation Global Café events throughout the month of January. Meet and connect with new and returning students from around the world!

Global Café

**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 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**

**Therapy Dogs**

The Therapy Dogs are back! The first visit of the year takes place on Thursday, January 15 from 1:30 to 3 p.m. in the Weldon Library Community Room. We hope to see you there!

Therapy Dogs

**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)werH". Exhibiting artists Wally Dion, Lisa Hirmer, David Spriggs, 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

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 & Job Opportunities**
- USC Elections 2026:** USC Elections kick off in mid-January, giving students the chance to run for leadership roles and help shape the student experience. Nominations open soon, with voting taking place in early February. [Learn more about how to get involved.](#)
  - Launch Peer Mentors:** Support incoming students in your faculty as a Launch Peer Mentor! You'll gain leadership and mentorship experience while ensuring new Western students have what they need to thrive. Apply now for the 2025-26 year through the [Western Peer Leader program](#).
  - 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 8 from 12:30 to 1:30 p.m. to learn about the upcoming elections. [Register online by January 6.](#)
  - Campus Rec Jobs:** Sports & Recreation has a wide range of student employment opportunities. Student contract positions for 2026-27 will be posted in the next week for the majority of departments and will have varied application deadlines (as noted within job postings).
- Innovation, Entrepreneurship & Awards**
- 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 at 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.
  - 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.

- 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.

STUDENT LIFE

- Academic & Career Development**
- LDS Workshops:** Get back into the groove after the holiday break with [new workshops](#) from Learning Development & Success.
  - Career workshops** are back this month with topics ranging from personal branding to networking.
  - Study Abroad Applications:** Last chance to apply to go abroad for 2026/2027! Submit your application for summer programs in 2026 or programs for the 2026-2027 academic year by January 15! [Apply on Atlas](#)
- Student Perks & Savings**
- VIA Rail Student Discount:** Students can save 15% on VIA Rail travel using corporate code **711321**, making trips home more affordable this season. A perk brought to you by your USC!
  - Intercity Bus Savings:** Get 15% off Intercity Bus trips with promo code **WESTERN15**, plus enjoy new Direct Express routes on Fridays and Sundays between Western, Pearson Airport, and Downtown Toronto. A perk brought to you by your USC!
  - Introducing The Cove:** The Cove is USC's newest quick-service eatery, bringing made-to-order favourites from The Spoke and The Wave to the second floor of the UCC. [Follow us on Instagram for giveaways and updates!](#)

THRIVE ONLINE: Small Habits to Rebuild Momentum After the Winter Break



Second term is about finding your rhythm. Tuleen shares how small habits, reflection, and campus supports can help you rebuild focus and momentum after the Winter break.

Read Tuleen's Blog

WESTERN WELLNESS

- 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 Groups
- Looking for one-to-one support? [Mental health counselling](#) appointments are available Monday to Thursday from 9 a.m. to 7 p.m., and Friday from 9 a.m. to 4:30 p.m. Some same-day and next-day appointment slots are available - call 519-661-3030 to book an appointment.
- Upcoming Events & Trainings:**
- 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.
  - Western's Self-Defense Training:** Build confidence and learn practical self defense skills in this two day training for female and non-binary members of the Western community. Participants must attend both days: February 5 from 5 to 8 p.m. & February 6 from 9 a.m. to 5 p.m.

**MUSTANGS MINUTE**

Happy New Year Mustangs, 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.

- Wed, Jan 7:**
  - Women's Basketball vs Windsor Lancers @ 6 p.m., Alumni Hall
  - Men's Basketball vs Windsor Lancers @ 8 p.m., Alumni Hall
- Thurs, Jan 8:** Women's Hockey vs Ottawa Gee-Gees @ 7 p.m., Thompson Arena
- Fri, Jan 9:** Women's Hockey vs TMU Bold @ 7 p.m., Thompson Arena
- Sat, Jan 10:** Men's Hockey vs Windsor Lancers @ 7 p.m., Thompson Arena

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

Full Sports Schedule

**HOT TAKE**

Winter break productivity resets on...

- Day 1 back
- After the first week
- Reading Week
- Never

Vote Now

**Important Dates**

- Jan 5:** Undergraduate classes resume!
- Jan 9:** Last day to add a Winter 6-week first quarter ('S') course
- Jan 13:** Last day to add or drop a Winter 12-week course. Courses dropped by this date will not appear on a transcript. Courses dropped after this date will appear on a transcript with a grade of 'WDN' (withdrawn, without academic penalty).
- Jan 15:** Deadline to declare a Discovery Credit for a Fall 12-week course

See More Dates