



## Spring is almost here!

Spring is just around the corner, and so are some exciting events! Stop by [Western's Spring Market](#) to browse local vendors and connect with members of the Western community in the Kevin Sullivan Family Foundation Collaborator Space.

It's also [SDG Month](#), a national initiative that raises awareness and engagement with the 17 UN Sustainable Development Goals on university and college campuses. Get involved, learn something new and make the most of the season.

## Events on Campus

**March 18-19**

### Intent to Register Fair

Learn about the Intent to Register (ITR) process, explore program options, and connect with advisors, faculty, and campus supports at the ITR Fair on March 18 (12 to 4 p.m.) and March 19 (9 a.m. to 12 p.m.) in Mustang Lounge. Free pizza will be available March 18 and cookies and coffee on March 19 (while supplies last).

[ITR Fair](#)

**March 19**

### Rap and Redemption on Death Row

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

[Rap & Redemption](#)

**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 24-26**

### Leadership Certificate Info Session

Interested in developing your leadership skills? Drop by the UCC Atrium March 24-26 to learn more about the Certificate in Purpose-Driven and Character Leadership, powered by Ivey - now accepting applications!

[Leadership Certificate](#)

**March 25**

### USC Purple Finale: NLE Choppa

The USC is bringing NLE Choppa to the Mustang Lounge on March 25. Tickets are \$50, grab yours now before they're gone!

[Purple Finale Tickets](#)

**March 31**

### De-Stress Fest

Enjoy some snacks, coffee and de-stressor activities, learn about academic and wellness supports, and hang out with the St. John Ambulance Therapy Dogs from 1:30 to 3 p.m. in and around the Weldon Library Community Room.

[De-Stress Fest](#)

[See All Events](#)

## Campus Life

### WESTERN NEWS: Mustangs men's track and field team wins back-to-back national titles



The Mustangs Men's Track & Field team are back-to-back U SPORTS National Champions, with Head Coach Caroline Ehrhardt named Men's Team Coach of the Year. Two Mustangs also earned major national awards this season.

[Read Full News Article](#)

## GET INVOLVED

### Job & Leadership Opportunities

- Job Openings:** There's still time to secure a summer job! Check out listings on [Western Connect](#) and drop-in for [resume support](#) (peer advising runs until April 9).
- Become a Peer Leader:** Looking to get more involved on campus? Explore opportunities with the [Western Peer Leader program](#) – positions are still recruiting for Summer 2025 and Fall/Winter 2025-26.
- Co-Curricular Record:** Turn your campus experience into career impact. Starting March 23, you can add your 2025-26 activities to your [Western Co-Curricular Record](#). Track your involvement, showcase your employable skills, and develop language to tell your story beyond Western.
- Learn to Lead:** The last [Learn to Lead Summit](#) of the year is happening March 27. Strengthen your leadership skills and earn a certificate in the process.
- Canadian Tech Summit:** Connect with innovators at this technology conference on March 21 featuring 20+ companies, student groups, industry talks, and a project showcase with \$2,000+ in prizes. [Tickets are \\$12](#).
- Submit Your Research Project:** Want to win \$1,000 for one of your course assignments? Open to all students. Submit your [Western Libraries Undergraduate Research Award](#) application in four easy steps!

### Campus Recreation

- Move Your Mood:** FREE events and classes for students. Upcoming: Yard Games – March 23, Glow & Flow Yoga – March 30. Space is limited; register up to 7 days before each event or class.
- First Aid Training:** Standard First Aid & CPR CA/ED sessions on March 21–22 and March 28–29. Learn emergency response skills for injuries, burns, and medical situations.
- NEW Drop-in Pickleball:** Join us at the WSRC to schedule active and connect with friends. Drop-in times may change; check the [schedule](#) before you play.
- Intramural 1-Day Tournaments:** Last chance to register for March 1-day tournaments in Basketball, Dodgeball, Futsal, Volleyball, and Pickleball.

## STUDENT LIFE

### Academic Supports

- Prepare for exams** with workshops on studying for STEM exams and studying in groups, hosted by Learning Development & Success.
- Writing Support:**
  - Need some help getting your final papers ready for submission? Drop-in and meet with a [Writing Support Centre advisor](#): Monday-Friday from 1:30 – 4:30 p.m. in Weldon room M15 (mezzanine level).
  - The remaining Writing Support Centre seminars for the term cover topics around [professional writing](#) and [effective presentations](#).
- Save the date!** **Study Cafe** is back on Thursday, April 2. Get course-specific support from upper-year learning peers and enjoy some study snacks. [Register to get an event reminder](#).

### Arts & Music

- Curatorial Talk & Tour:** Join Curator Helen Gregory on March 21 at 1 p.m. at McIntosh Gallery for a guided tour of the exhibitions *Atmospheric Shifts* and *\*s)hwerf*.
- Mindful Mondays:** Slow down and reconnect during this guided mindfulness experience held in the current exhibitions at McIntosh Gallery on March 23 at 12:15 p.m.
- Studies in Motion 2026:** Experience original dance works created and performed by students in Western's Dance Minor program. March 20 at 8 p.m. in Paul Davenport Theatre. Free admission.

### Student Perks

- USC Coat Cycle:** Give your lab coat a second life and help support students who need one. Learn more about how Coat Cycle works and where to drop off your coat on campus [here!](#)
- Bookstore Embroidery:** Personalize classic apparel at the [Dellelce Family Bookstore](#) with your name, graduating year, or custom text on sweatshirts, sleeves, or sweatpants. Ask an associate in-store for details.

## THRIVE ONLINE: How to Start Building a Career Network before Graduation



In the latest Thrive blog, Bella shares simple ways students can start building their career network before graduation, from using LinkedIn to attending campus events.

**Bonus:** The last few [career workshops](#) of the year are happening in UCC 210 this week on topics including [networking](#), LinkedIn basics, and interviews.

[Read Bella's Blog](#)

## WESTERN WELLNESS

### Mental Health Resources

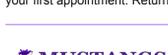
Escalating geopolitical events can cause uncertainty and be heavy for us to process. Western offers a variety of mental health supports for students year-round, with same-day, next-day appointments available on a first come, first served basis. Visit the [Health and Wellness Services](#) website for more information.

### Upcoming Wellness Events:

- 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 addiction and recovery supports.
- You are (Not) Alone:** Join us on Thursday, March 26 from 7 to 10 p.m. at the Cronyn Observatory to explore how the building blocks of life journeyed through space and found their way into you—followed by reflection, observatory tour, and stargazing.

### Physical Health Appointments

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 519-661-3030 or drop in to Thames Hall 2170 to register and book your first appointment. Returning patients can [book online](#). [View clinic hours here!](#)



The Western Mustangs have had some very exciting results in March.

**Mustangs Men's Track & Field** are back-to-back U SPORTS National Champions! Head Coach **Caroline Ehrhardt** won the Bob Boucher Award. **Jackson MacKay** was named Men's Rookie of the Year, and **Aaron Thompson** earned the Student-Athlete Community Service Award.

**Mustangs Women's Basketball's Sydney Cowan** won the Kathy Shields Award and was named U SPORTS WOMEN'S BASKETBALL National Rookie of the Year.

**Mustangs Men's Volleyball** won their Ontario University Athletics (OUA) Bronze medal game. With the win, they also qualified for the U SPORTS National Championship in Windsor, March 13-15.

**Mustangs Badminton** and **Mustangs Men's Fencing** team won bronze, placing third at the OUA Provincial Championships.

**Mustangs Ringette** team finished second at the 2026 Ringette Ontario Provincial Championships, winning silver.

**Mustangs Wrestling** had two student athletes - **Lukas Geske** and **Jonelle Clarke** - each win gold, placing first at the U SPORTS National Championship.

Stay up-to-date on all results - follow [@WesternMustangs](#) on your favourite social media channel.

## HOT TAKE

The first warm day on campus means...

- Studying outside
- Long campus walks
- Patio season
- Forgetting I have assignments

[Vote Now](#)

## Important Dates

- March 27:** Last day to drop a Winter 6-week second quarter (T) course without academic penalty
- March 30:** Last day to withdraw from a Winter 12-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'
- March 31:** Intent to Register closes for all undergraduate students

[See More Dates](#)

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



Western University 2026  
1151 Richmond Street, London Ontario, N6G 3K7

[Unsubscribe info here.](#)

Western Student Experience