



Midterm Season Supports

March can be a busy time with midterms and major assignments. Here are a few supports to help you stay on track:

- **Procrastination Awareness Week (March 3–5):** Attend virtual workshops to learn time management and study strategy tips from institutions across Canada, including experts from Western! You can also attend a PAL Study Zone for structured study time.
- Need some quick writing or presentation support? **Writing Support Centre drop-ins** are back at Weldon starting March 9. Stop by for a 25-minute appointment with an advisor.
- Don't forget! You can access one-to-one, course-specific advice from upper-year students who have already taken your courses at the **Peer Assisted Learning (PAL) Centre** – and we checked, they got at least 80%.

Events on Campus

March 1-31

SDG Month 2026

This month, Western is celebrating the United Nations Sustainable Development Goals (SDG) through events and initiatives that inspire learning, collaboration, and action across campus. Don't miss the **Climate & Sustainability Awards**, and more events and workshops happening throughout the month.

SDG Month

March 3

USC Esports Game Day

Esports Game Day is taking over the Mustang Lounge on March 3 with FIFA, NBA 2K, Mario Kart, Smash Bros, racing games, and more—plus a FIFA Tournament with prizes up for grabs! Drop in for FREE, play on PS5, Xbox, and Switch, and see who's got what it takes to rep Western.

Esports Game Day

March 4

Desjardins Speaker Series: Sunir Chandaria

Join us as we hear from Sunir Chandaria, a global entrepreneur, investor, and proud QuantumShift alum on March 4 at 3:30 p.m. in the Collaborators Space, Schmeichel Building. Hosted by Desjardins.

Free Ticket

March 5

The Feminist Paradox: More Choice, Same Game?

In this International Women's Day talk, learn how we can mobilize to address the social, economic and political inequalities women face in the world.

Register for Talk

March 10

USC Job Fair

Curious about getting involved with the USC? Stop by the UCC Atrium on March 10 to connect with staff and student leaders, explore opportunities, and discover where you fit in. Plus, The Wave and The Spoke are doing on-the-spot interviews!

USC Jobs

March 11

Dragons Den Live Auditions

CBC Dragons' Den Open Auditions are coming to Western. The day includes a panel discussion (11 a.m. to 12 p.m.) with Western alumni who've competed on the show, followed by open student pitch auditions (1 to 5 p.m.) where founders present their ideas to scouts.

Dragons Den Auditions

See All Events

Campus Life

PHOTO FEATURE: Therapy Dogs



Thanks to everyone who joined us last month! The dogs are back on Thursday, March 5 from 1:30 to 3 p.m. in the Weldon Library Community Room. Drop by for a study break and de-stress with the St. John Ambulance Therapy Dogs.

Therapy Dogs

GET INVOLVED

Job & Leadership Opportunities

- **Student Experience is hiring:** Work with us this year in a number of roles actively recruiting, including Student Community Engagement Coordinator, Western Launch Student Coordinator, and Sport Western Administrative Leader and Camp Instructor. Apply now on [Working at Western](#).
- **Become a Peer Leader:** Looking to get involved on campus this summer or next year? Check out open roles with the [Western Peer Leader program](#). You'll gain transferable skills that look great on future job and grad school apps!
- **Senate Committee Nominations:** Interested in serving on a Senate Committee? You'll gain valuable experience and provide student perspective on academic matters. Nominations are open for the 2026-27 year. [Learn more about how to get involved.](#)

Campus Recreation

- **First Aid Training:** Register for Standard First Aid & CPR C/AED, a comprehensive course covering emergency response skills including injuries, burns, and medical situations. Upcoming sessions: March 7–8, March 21–22, and March 28–29.
- **NEW Drop-in Pickleball:** Free for Western students at the Western Student Recreation Centre (WSRC). 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 WSRC. Drop-in sport times are subject to change, so be sure to check the schedule before you play.
- **Move Your Mood:** offers FREE events, classes and programming for Western students. Space is limited. **Upcoming events: Glow Volleyball - March 6, Yard Games - March 23, Glow & Flow Yoga - March 30.** Registration opens 7 days before each event or class. [View the weekly fitness class schedule here!](#)
- **Intramural 1-Day Tournaments:** Register now for March tournaments in Basketball, Dodgeball, Futsal, Volleyball and Pickleball. Intramural 4-day Tournaments in Ice Hockey are also available. The goal of these tournaments is to provide a quick, friendly yet competitive environment for players who are looking to improve their skills in the sport and/or prove they have what it takes to win the purple shirt.

STUDENT LIFE

Academic Supports

- **PAL Study Sessions:** Our Peer Assisted Learning (PAL) team is hosting a series of upcoming study sessions before major midterm exams for courses including Chem 1302 & 2223 and Math 1229. See details on the [Western Connect](#) events calendar.
- **Training Session:** Increase your understanding of power and privilege in professional spaces and learn practical skills for setting boundaries through a ["Bringing Our Values to Work" training session](#) on March 10.
- **Writing Support:** The Writing Support Centre's [upcoming seminars](#) are on topics including annotated bibliographies, writing essay exams, and executive summaries. Need some quick writing or presentation support?
- **Mindful Moments:** Relax, recharge, and refocus with drop-in meditation weekly on Wednesdays from 12 to 12:30 p.m. in UCC 38B.

Career Development

- **Career workshops:** are back this month with sessions on personal branding, creating a strategic resume, and more.
- **Continuing Studies Info Booth:** Stop by the UCC Atrium on Thursday, March 5 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.
- **From Classroom to Conflict Zone to Courtroom:** Hear from Norman Farrell as he shares insights from his nearly 40-year legal career prosecuting international crimes, and reflects on pathways from law school to global justice work. [Learn more & register to secure your spot.](#)

Arts & Culture

- **Sweeney Todd – The Demon Barber of Fleet Street:** Experience this darkly comedic musical thriller running March 5–8, featuring haunting music and a gripping story of love and revenge. [Discounted student tickets available.](#)
- **Western Day:** Celebrate 148 years of Western with a sweet treat! On Thursday, March 5 check out our special selection of purple treats for sale at select cafes around campus (while supplies last). Show your purple and proud spirit by wearing purple. Need new Western gear? [Dellelce Family Bookstore](#) is offering 18.78% OFF storewide—but hurry, the sale ends Thursday, March 5. (Standard exclusions apply.)

Campus Update: Temporary Road Closure - University Drive University Drive will be closed to vehicle traffic from March 4 to 6 to support construction of the new residence building. Drivers can access campus via Huron and Sunset streets. The south sidewalk in front of Alumni House will be closed during these hours; pedestrians should follow posted detours. Charter buses will continue to access the Medway parking lot for pick-ups and drop-offs.

Road Closure Details

Applications are open: Certificate in Purpose-Driven and Character Leadership



Today's converging and complex challenges will be met in every field- arts, engineering, health, science, education, and business- and each one needs leaders with the judgement and character to turn expertise into impact. The Certificate in Purpose-Driven and Character Leadership gives students access to Ivey's signature leader character education and a cohort of future leaders.

Applications are open until April 7. Want to learn more? Join an upcoming information session:

- March 3, 4 to 5 p.m. EST ([Zoom](#))
- March 11, 6 to 7 p.m. EST ([Zoom](#))
- March 17, 10 to 11 a.m. EST ([Zoom](#))
- March 24 to 26, Information Table in the UCC Atrium

Leadership Certificate Details

WESTERN WELLNESS

Take Care of Your Physical Health

As we head into the final stretch of the Winter term, remember to prioritize your physical health. 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!](#)

Check out some upcoming wellness events:

- **USC's Party Wise Fair:** Drop by the UCC Atrium on Wednesday, March 11 between 11 a.m. and 2 p.m. to learn how to party wise ahead of St. Patrick's Day, play games, win prizes, and access free naloxone training!
- **ADHD & Sex:** Learn how ADHD shows up in relationships, dating, and intimacy with Sabrina Baldini from AfterSexEd. Join this neuro-affirming, interactive session on Tuesday, March 16 from 3 to 4:30 p.m. in SEI 2110, with time for anonymous Q&A, campus resource connections, and a chance to win fun prizes. [Register to attend!](#)



Mustangs Squash Wins Gold!

The [Mustangs Men's Squash team's incredible streak remains alive after winning the OUA 2026 Championship](#) for the 42nd season in a row in early February.

The [Mustangs Women's Squash team also won their 2026 OUA Championship](#), for the second consecutive year and the 16th time in program history.

Mustangs Wrestling, Swimming and Track & Field Teams Win Silver!

Both the [men's and women's Mustangs Wrestling teams finished 2nd overall at the OUA provincial championship](#), hosted at home in Alumni hall. The Mustangs teams showcased their depth, preparation, and poise across every weight class.

[Mustangs Swimming brought home Silver Medals](#) (2nd place) from the 2026 Ontario University Athletics (OUA) Provincial Swimming Championships after finishing in 2nd in both the men's & women's team standings. Next stop for the Mustangs is the 2026 U SPORTS National Championship, Mar 12-14 at the Markham Pan Am Centre.

[The Mustangs Track & Field team finished 2nd on both the men's & women's sides at the 2026 OUA Track & Field Championship this weekend.](#) The women's team finished with 133 points, while the men's team finished with 103 points. Next stop for the Mustangs is the 2026 U SPORTS Track & Field Championship, Mar 5-7, from Winnipeg, MB.

Mustangs Figure Skating

Mustangs Figure Skating will be at the OUA Championship March 4-5, hosted at TMU.

HOT TAKE

What's the toughest part of midterm season?

- Getting started
- Staying focused
- Juggling multiple deadlines
- Finding motivation

Vote Now

Important Dates

- **March 8:** Daylight Savings
- **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



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

[Unsubscribe info here.](#)

Western Student Experience