Western

What's Up Western

Grad Students

Your Monthly Student Newsletter | November, 2026



Save the date for International Week, November 16-20!

Celebrate the people, perspectives and connections that make Western a global community. Throughout the week, discover events, stories, international learning opportunities, global collaborations and more.

Kick off the week at the Cultural Showcase on November 16, connect with students from around the world at a special Global Café, cheer on student chefs at the Cooking Showdown, or explore the Global and Intercultural Engagement Honour at an upcoming info session.

Explore the International Week schedule!

International Week

Events on Campus

Nov 5

Diwali Gala 2026

Celebrate the Festival of Lights with cultural performances, traditional dishes and mithai (sweets). Whether it's your first Diwali or a cherished tradition, dress in traditional or formal attire and celebrate with fellow Western students.

Diwali Tickets

Nov 6

Career Summit

Build the skills, confidence, and knowledge you need to navigate your career journey by attending workshops offered at the Career Summit. Attend an info session, graduate to earn a certificate and congratulate on your Western Co-Curricular Record!

Career Summit

Nov 10

Therapy Dogs

Take a study break and drop by for a visit with the St. John Ambulance Therapy Dogs in the Weldon Library Community Room from 1:30 to 3 p.m.

Therapy Dogs

Nov 11

Remembrance Day

All members of the Western community and public are welcome to attend the Remembrance Day ceremony on November 11, from 10:30 to 11:30 a.m. in McKellar Theatre, UCC.

Remembrance Day

Nov 12

Insight Out

Join an informal exhibition walkthrough at McIntosh Gallery with Peter Chidiac (Physiology and Pharmacology), Jörn Diedrichsen (Computer Science and Centre for Brain & Mind), and videogame executive Michael Schmalz. Snacks provided!

Insight Out

Nov 16-20

Global Entrepreneurship Week (GEW)

Celebrate Global Entrepreneurship Week at Western! Explore workshops, speaker events, networking opportunities and founder stories designed to inspire innovation and entrepreneurial thinking.

GEW

Nov 18

SOGS Study Hall

Join SOGS for a Study Hall on Wednesday, November 18, from 10 a.m. to 12 p.m. at the Grad Club. Coffee and tea provided! Come get some writing done and connect with fellow grad students.

SOGS Study Hall

Nov 19-22

Opera at Western: Don Giovanni

Passion, deception and a supernatural twist await in Mozart's iconic *Don Giovanni*. Discounted student tickets are available!

Opera Tickets

See All Events

Campus Life

WESTERN NEWS: Sports, stats and politics: Intersecting interests fuel grad's PhD



How can sports shape our political beliefs and behaviour? Western PhD graduate Noah Vandenhoven explores the intersection of sports, identity and politics through research that connects academic insights with public conversations.

Read Full News Story

GET INVOLVED

Leadership & Professional Development

- **Learn to Lead:** Save the date! The next Learn to Lead Summit is taking place on Friday, November 27. Strengthen your leadership skills and earn a certificate by attending multiple sessions.
- **Strengths Conference:** ***Returning January 16, 2027!*** The Western CliftonStrengths Conference is back - learn how to optimize your Top 5 and hear from engaging speakers at this dynamic and interactive professional development opportunity. More details coming soon!

Jobs & Entrepreneurship

- **Accelerator Application:** Ready to take your startup idea further? Apply to Western's Accelerator Program by November 9 to access mentorship, funding opportunities, expert support, and a community of entrepreneurs helping turn ideas into ventures.
- **Apply to be a campus tour guide:** The Office of the Registrar is hiring Campus Tour Guides! Share your Western pride, showcase campus and help prospective students discover what makes Western special. Apply by November 20 (applications are reviewed on a rolling basis) at recruit.uwo.ca (Job ID 44886).

Campus Recreation

- **Intramural Dodgeball Tournament:** Missed fall intramurals? Gather your friends and enter the one-day Dodgeball Tournament on Saturday, November 7! Registration closes November 3 at 11:59 p.m., or earlier if spots fill.
- **Move Your Mood:** Take a study break with Move Your Mood yoga on Friday, November 13! Registration opens November 6. You can also enjoy free weekly group fitness classes through Move Your Mood.
- **First Aid Training:** November Classes Available! Build confidence in an emergency with Western Campus Recreation's Intermediate First Aid with CPR-C & AED course. Learn essential skills, including CPR, AED use and injury management. The certification is recognized by WSIB.

GRAD STUDENT LIFE

Academic Support

- **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!
- **Writing Seminars:** The Writing Support Centre's seminars this month cover topics including writing a book review, executive summaries, and professional writing like resumes and personal statements.
- **Writing Support Centre 30th Anniversary:** Hear from Shelagh Rogers—renowned Canadian journalist and current Chancellor of Queen's University—as she speaks about the importance of writing on November 18.
- **Grad Study Hub:** Need a space to focus? Drop by Grad Study Hub, a welcoming co-working space for grad students to connect with peers, work alongside a graduate mentor and access helpful learning tools.

Campus Resources & Opportunities

- **Buy and Sell Safe Zone:** Selling something online? Choose the Buy and Sell Safe Zone, in the Western Special Constable Service Office Lobby, for a safer exchange. Located in Lawson Hall, Room 1257, the designated space gives members of the community a video-monitored location to meet buyers or sellers from online marketplaces.
- **Sustainability Pulse Survey:** Share your thoughts on campus sustainability by completing the Sustainability Pulse Survey, open November 2–30. Help shape future programs and priorities, and enter for a chance to win one of three $100 Bookstore gift cards!

INSPIRING MINDS: Jack Webb



Jack Webb, a Postdoctoral Associate in Anatomy & Cell Biology at Western, explores how ovarian cancer cells adapt to stressful conditions and the cellular processes that help them survive and spread. His research aims to advance our understanding of cancer progression and support the development of better treatments for patients.

Explore Jack's Research

WESTERN WELLNESS

Join us for our **Fall Vaccination Clinic**, open to all Western students!

Dates: November 9-13, 2026
Times: Monday-Thursday: 9 a.m. to 4 p.m.; Friday: 9 a.m. to 1 p.m.
Location: Thames Hall Atrium

No appointment needed — just drop in! Flu and COVID vaccines can be taken at the same time, or any time before or after each other.

Please be sure to wear appropriate attire and bring your Health Card.

Fall Vaccination Clinic

Note: Family members of Western students are **not** eligible for the fall vaccination clinic. For more information on where to receive vaccines, please visit the Middlesex-London Health Unit website.

Other Wellness Workshops and Events:

- **Mindful Moments:** Join a quick mindfulness session to strengthen your focus, reconnect with the present and leave feeling more grounded, relaxed and recharged. Every Wednesday from 12 to 12:30 p.m. in UCC 38B.
- **Dating Across Differences:** Explore how lived experiences shape perspectives on consent and relationships, and learn practical strategies for communication, boundaries and navigating conflict across cultural differences.

MUSTANGS MINUTE

Catch the Mustangs in action this November! Cheer on Western's hockey, football, basketball and volleyball teams at upcoming home games, including another Pack the TRAC weekend.

Mustangs Football OUA Semi-Final Playoff Game

- **Saturday, Nov 7:** Mustangs Football take on the Windsor Lancers at Western Alumni Stadium at 1 p.m. First 500 Western students get in free with a valid Western ONECard.

Mustangs Hockey - Upcoming Home Games

- **Friday, Nov 6:** Women's Hockey vs. Toronto Varsity Blues, 7 p.m.
- **Saturday, Nov 7:** Men's Hockey vs. Guelph Gryphons, 7 p.m.
- **Thursday, Nov 12:** Men's Hockey vs. Windsor Lancers, 7 p.m.

All games take place at Thompson Arena.

Pack the TRAC - November 20-21

Get ready for another BIG weekend of Mustangs Basketball and Volleyball at Thompson Recreation & Athletic Centre (TRAC)! Four teams, eight games and two days of OUA action!

- **Friday, Nov 20:**
  - Women's Basketball vs. Lakehead – 12 p.m.
  - Men's Basketball vs. Lakehead – 2 p.m.
  - Women's Volleyball vs. Toronto – 6 p.m.
  - Men's Volleyball vs. Toronto – 7:30 p.m.
- **Saturday, Nov 21:**
  - Women's Basketball vs. Laurier – 12 p.m.
  - Men's Basketball vs. Laurier – 2 p.m.
  - Women's Volleyball vs. Toronto – 6 p.m.
  - Men's Volleyball vs. Toronto – 7:30 p.m.

Come out and cheer on our Mustangs! Western students get in FREE to all regular season home games with a valid Western ONECard.

Sports Schedule

Think you're Western's fastest student? Race in a 60-metre sprint hosted by Western Track and Field for a chance to win prizes and bragging rights. The race takes place on November 8, 4 to 7 p.m., at Thompson Arena (WSRC). Open to all Western students except Track and Field team members. Register to race!

OWN YOUR FUTURE

Upcoming Workshop: Articulating Your Skills in an Interview

People who do well in interviews are good storytellers. In this session, you will learn to craft stories demonstrating your transferable skills while also understanding what is expected in a professional interview. You will learn about the various types of interviews and how to succeed using tried and true strategies.

Date: November 16, 2026
Time: 10:30 a.m. to 12:30 p.m.
Location: IGAB 1N05

Register Now

Important Dates

- **November 12:** Final date for doctoral candidates to complete the preliminary thesis submission to finish the degree within the fall term and be eligible for the February In-Absentia Convocation.
- **November 25:**
  - Recommended deadline to submit to the School of Graduate and Postdoctoral Studies any request for a Change of Registration for the winter term (leave of absence, part-time status, transfer from master's to doctoral degree, intent to be eligible for TDO status, etc.).
  - Recommended deadline to Apply to Graduate for the February In-Absentia Convocation.
- **November 26:** Final date for master's candidates to complete the preliminary thesis submission to finish the degree within the fall term and be eligible for the February In-Absentia Convocation.

See More Dates