



Attend the hirewesternu Career Fair on October 6 & 7!

Meet with more than 100 employers on October 6 and 7 from 10 a.m. to 3 p.m. in the Mustang Lounge (UCC). Attending employers are excited to share the full-time, part-time, and work integrated learning opportunities in their organizations.

You've built valuable skills through your courses, volunteering, research, part-time jobs, and community involvement - the Career Fair is your opportunity to connect those experiences to employers and future possibilities.

Check out who's attending and discover tips to help you prepare!

[See who's attending](#)

Events on Campus

Oct 6

Goodman Lecture Series: Making War, Finding Peace

University of New Hampshire Professor Eliga Gould explores the international consequences of the Declaration of Independence, both within the United States and around the world. Join this thought-provoking lecture October 6.

[Goodman Lecture](#)

Oct 8

World Mental Health Day Fair

Join Student Experience and the USC for a campus-wide day of connection, reflection, and well-being. Drop by the Mustang Lounge from 11 a.m. to 3 p.m. for free activities, games, a petting zoo and mental health resources.

[World MH Day Fair](#)

Oct 8

Truth & Resiliency

Join Kamryn Whiteye at the Wampum Learning Lodge on October 8 as she reflects on the impacts of colonialism and intergenerational trauma, while honouring the strength, knowledge, culture and ways of being carried forward by Indigenous peoples.

[Truth & Resiliency](#)

Oct 19-25

SOGS Wellness Week

Take a break and connect during SOGS Wellness Week, October 19-25. Explore a range of activities, including a Prosperous PhD workshop, restorative class, Board Game Night, trip to Circle R Ranch and more. Free and paid events available.

[SOGS Wellness Week](#)

Oct 20

Grad & Professional School Fair

If you're considering pursuing further education, check out the Graduate & Professional School Fair! Meet with reps from 90+ institutions and discover your options.

[Grad Fair](#)

Oct 21

ASE Your Learning

Drop by the Weldon Library Community Room to discover supports to help you conquer academic stress early so you can feel confident all year long. Door prizes and light refreshments available!

[ASE Your Learning](#)

Oct 27

Volunteer Fair

Drop by the Mustang Lounge between 10 a.m. - 4:30 p.m. to discover opportunities to get involved on campus and in the London community.

[Volunteer Fair](#)

Oct 28

The Line Up

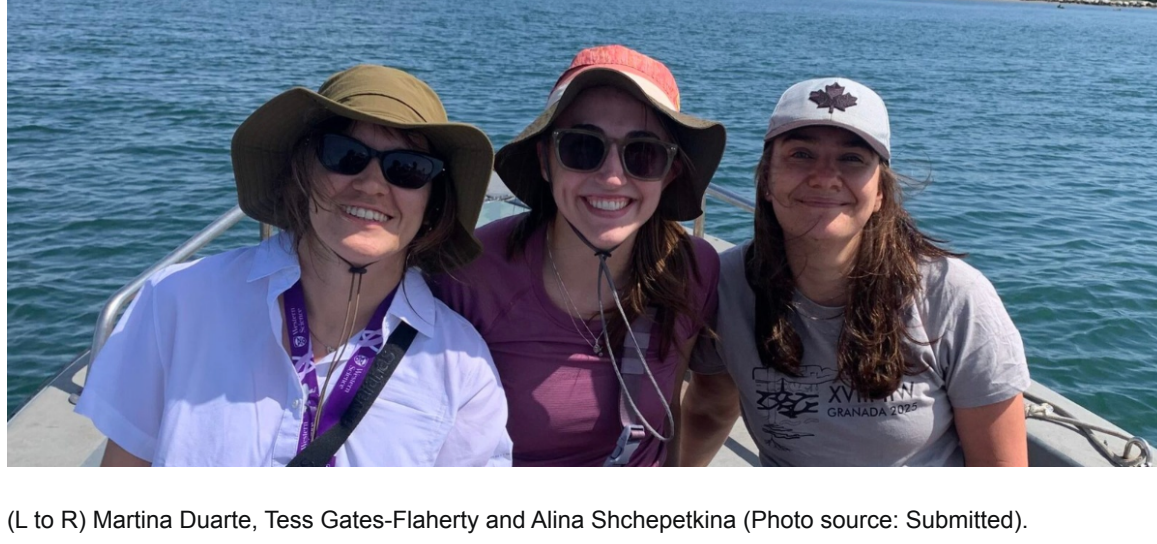
Fresh fade or beard trim? Join The Line Up on October 28 for a FREE haircut or beard trim and real conversations about mental health, self-care and what it means to be a man today. Open to Western students who identify as cis or trans men.

[Secure Your Cut](#)

[See All Events](#)

Campus Life

WESTERN NEWS: Venice Lagoon provides living laboratory for Western researchers studying climate change



(L to R) Martina Duarte, Tess Gates-Flaherty and Alina Shchepekina (Photo source: Submitted).

Graduate students Martina Duarte and Tess Gates-Flaherty, along with Earth sciences professor Alina Shchepekina, spent 12 weeks in Italy's Venice Lagoon studying tiny organisms and their traces in the sediment to understand how climate change is reshaping vulnerable coastal ecosystems.

[Read Full Western News Story](#)

GET INVOLVED

Leadership Opportunities

- **35+ Student Meet Up:** Are you a graduate student aged 35+? Join SOGS's new Student Needs Committee to identify challenges, share experiences and advocate for mature graduate students. Join the next meeting Thursday, October 29 at 11 a.m. via zoom. [Register here!](#)
- **Take the [New Structured Path](#) and complete the Anti-Racism Foundations Certificate Program:** Beginning October 5, the new Structured Path offers a guided, cohort-based approach to the Anti-Racism Foundations Certificate Program, with weekly milestones and opportunities to reflect, discuss and learn alongside others.
- **[Western Research Forum:](#)** Graduate students from all disciplines are invited to share their research at the 41st annual Western Research Forum on March 5, 2027. Abstract submission details are coming soon — start thinking about how you can showcase your work!

Campus Recreation

- **Move Your Mood:** Move your body, connect with community and boost your well-being with free Campus Recreation activities, including Pickleball on October 23 and weekly fitness classes. No experience necessary. Registration opens seven days in advance. [Check the schedule and register.](#)
- **Recreational Sport Clubs:** Try a new sport or continue one you enjoy with Rec Sport Clubs, with options for a range of skill and experience levels. Registration is still open, with spots available in select sports. [Explore sport clubs and register.](#)
- **Intermediate First Aid with CPR-C & AED:** Build comprehensive first aid, CPR and AED skills through this Lifesaving Society course, including training for injuries and medical emergencies. Upcoming sessions are Oct. 24-25, Nov. 14-15 and Nov. 28-29. [Sign up today.](#)

EDIDA Awareness Month



Celebrate EDIDA Awareness Month this October with events that bring the Western community together to learn, connect and advance equity, diversity, inclusion, decolonization and accessibility.

Join the [Fall Pride Parade](#) on October 20 and explore more events throughout the month.

[View Events & Initiatives](#)

GRAD STUDENT LIFE

Academic & Career Supports

- **New to a graduate program this term?** All incoming graduate students must complete mandatory training during their first term to progress beyond the first term of their degree.
 - [Academic Integrity training module](#)
 - [GBSV Prevention Education: Supporting Safer Professional Practice](#)
- **Mindfulness for Graduate Success** is a 6-week in-person program designed as an introduction to mindfulness and meditation practices. Reflect on how being more mindful can help you succeed as a graduate student.
- **Weekly PhD Planning Group:** Looking for accountability support for your PhD? Join a [weekly online planning group](#), open to students at any stage of their program.
- **Learning Development & Success:** [Explore workshops](#) this month on topics including project management and AI for grad students, plus a large library of pre-recorded content.
- **Resource TAs:** Connect with experienced graduate students for peer support, practical advice and help finding the resources you need as a Graduate Teaching Assistant.
- **Career Education Peer Advising:** Drop into UCC 210 Monday to Friday from 9:30 a.m. to 3:30 p.m. for help with resumes, cover letters, LinkedIn, & CVs. You can also book a mock interview through [Western Connect](#), or get eAdvising by emailing your professional documents to cepa@uwo.ca.

Arts & Culture

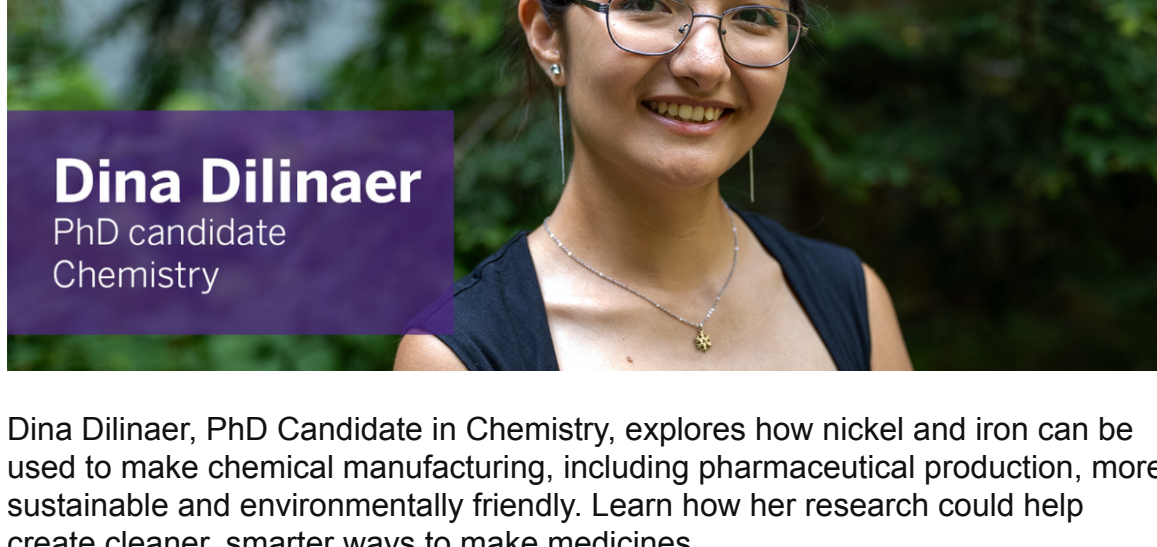
- **Insight Out:** Join McIntosh Gallery on October 8 from 4:30 to 6 p.m. for an informal exhibition walkthrough featuring perspectives from guests across the Western and London arts communities.
- **Time for Three:** Grammy- and Emmy-winning ensemble Time For Three brings its genre-defying blend of classical, Americana and singer-songwriter traditions to Western on October 19. Free admission — all are welcome!

Stay Informed With Alert WesternU

Alert WesternU, Western's emergency mass notification system, provides mass email alerts in the event of imminent danger, campus evacuation or closure, weather emergencies (such as tornadoes) or critical university status updates. Visit the Alert WesternU website to customize your notification settings or download the Alertable app for instant push notifications.

[Alert WesternU](#)

INSPIRING MINDS: Dina Diliñaer



[Learn more about Dina's Research](#)

WESTERN WELLNESS

Check out upcoming wellness groups, workshops and events:

- **Digital Defense Workshop:** Explore healthy digital engagement and learn practical strategies for recognizing digital overwhelm, navigating hyperconnectivity and engaging online in sustainable ways. [Register for this interactive workshop](#) on October 7 from 3 to 4:30 p.m. in Thames Hall 3118.
- **Mindful Moments:** Relax, recharge, and refocus with drop-in meditation every Wednesday from 12 to 12:30 p.m. in UCC 388.
- **Queer Connections:** A wellness support group for students who identify as part of the 2SLGBTQIA+ community, offering relevant topics, discussion and mutual support. Every other Thursday, 2:30 to 4 p.m., starting October 8.
- **Journey Together:** A wellness support group for Black and racialized students to share academic and personal experiences related to identity and lived experience in a safe, healing and affirming space. Every other Thursday, 2 to 3 p.m., starting October 8.
- **Grief Loss & Support:** A six-week wellness support group offering emotional support, connection and education around the grieving process in a safe, nurturing and non-judgmental space. Fridays, 2 to 3:30 p.m., Oct. 23-Nov. 27.
- **Relationship Basics:** Explore boundaries, rejection, relationship expectations and maintaining connections during a busy term. This four-week group runs once a week, November 3-24, 1:30 to 3 p.m. in Thames Hall.

MUSTANGS MINUTE

Catch a game this month! Western students get free admission to all regular-season home games with a valid Western ONECard. Here are a few October matchups to check out:

- **Friday, Oct 9:** Men's Hockey, 7 p.m. vs Toronto, Thompson Arena (Home Opener)
- **Saturday, Oct 10:**
 - Men's Rugby, 1 p.m. vs Waterloo, Mustang Field
 - Women's Soccer, 1 p.m. vs Laurier, Alumni Field
 - Men's Hockey, 3 p.m. vs Waterloo, Thompson Arena
 - Men's Soccer, 3:15 p.m. vs Laurier, Alumni Field
 - Women's Rugby, 3:30 p.m. vs Queen's, Mustang Field
- **Friday, Oct 16:**
 - Men's Hockey, 7 p.m. vs Windsor, Thompson Arena
 - Men's Lacrosse, 8 p.m. vs McMaster, Mustangs Field
- **Saturday, Oct 17:**
 - Field Hockey, 1 p.m. vs York, Mustang Field
 - Men's Lacrosse, 7 p.m. vs Brock, Mustang Field
- **Friday, Oct 23:** Women's Hockey, 7 p.m. vs Carleton, Thompson Arena (Home Opener)
- **Saturday, Oct 24:** Mustangs Football, 1 p.m. vs Laurier, Western Alumni Stadium
- **Friday, Oct 30 (Home Openers) & Saturday, Oct 31:** Volleyball & Basketball SUPER weekend - let's PACK THE TRAC - all games at Thompson Arena. Check website for game times.

Check out the full schedule for more home games this month.

[Full Sports Schedule](#)

OWN YOUR FUTURE

Upcoming Workshop: Designing Your Career: Connecting Your Passions to Multiple Career Opportunities

What are you going to do with that degree? Isn't this the question all graduate students dread? If you're unclear about your career path or your future direction, this workshop can help you develop the skills necessary to map a meaningful life and career. Through the Design Thinking process you can build your way forward through enlightened trial and error, developing a challenge mindset, and tackling the key facets of life including education, career, and life's ambitions and purpose.

Date: October 21, 2026

Time: 12:30 to 2:30 p.m.

Location: IGAB 1N05

[Register Now](#)

Important Dates

- **October 13:** Due date for the second installment of fall term tuition for those paying in two installments.
- **October 21 & 22:** [Autumn Convocation](#)
- **October 28:** Last day to provide proof of Permanent Residency to have fall term tuition fees reduced to the domestic rate.
- **October 30:** Last day to withdraw from a graduate course beginning in the fall term without academic penalty. Students who drop after this date will receive an F on their transcript.

[See More Dates](#)

Have feedback? Email us at WhatsUpWestern@uwo.ca



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[Unsubscribe info here.](#)

