Western

What's Up Western

Your Bi-Weekly Student Newsletter | November 16, 2026



International Week is here!

Celebrate the people, perspectives and connections that make Western a global community. From November 16-20, discover events, stories, international learning opportunities, global collaborations and more.

Kick off the week at the Cultural Showcase, connect with students from around the world at a special Global Café, or cheer on student chefs at the Cooking Showdown.

Solve the International Week Mystery! Find a new Code Character each day at participating events or on Instagram @westernsinternational. Collect all five, decode the mystery phrase and submit it for a chance to win one of three grand prizes! Open to all Western students. Learn more and participate.

Explore the International Week schedule!

International Week

Events on Campus

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 17 & 24

FREE USC Movie Nights

Enjoy free festive movies every Tuesday at McKellar Theatre in UCC! Catch our upcoming features: Christmas Vacation on November 17 and Home Alone on November 24.

USC Movie Nights

Nov 18

Guest Speaker: Shelagh Rogers

Hear from Shelagh Rogers—legendary Canadian journalist and current Chancellor of Queen's University—as she speaks about the importance of writing in celebration of the Writing Support Centre's 30th anniversary.

Register

Nov 20

Study Zone

Join Study Zone on November 20 at 10 a.m. or 12 p.m. Study Zone is a group study session at the Weldon Community Room to boost focus and productivity using the Pomodoro Method. Peer Coaches offer structure, accountability, and tips—plus, snacks!

Study Zone

Nov 24

Dancing with the Stars Watch Party

Get ready to cheer on your favourites at our Dancing With the Stars Finale Watch Party on November 24 at 8 p.m. Join us at @wsrevuuc for a fun night, no tickets required!

Watch Party

Nov 27

Learn to Lead Summit

The next Learn to Lead Summit is taking place on November 27. Strengthen your leadership skills and earn a certificate by attending multiple sessions.

Learn to Lead

Mustangs Spotlight: Nov 21

Mitchell Bowl: One Win Away from Vanier Cup!

The Mustangs football team are one win away from the Vanier Cup! Cheer on the purple and white as they host the U SPORTS Mitchell Bowl at Western Alumni Stadium on Saturday, November 21. Let round, Gates open at 11 a.m. First 500 Western students get in FREE with a valid Western ONECard. Let's Go Mustangs! More Mustangs teams and game updates in Mustangs Minute below!

See All Events

Campus Life

HAVE YOUR SAY: Student Experience Strategic Plan Survey



Have your say in the future of Student Experience at Western! Share what's working, what could be improved and what would make your student experience better. The survey takes about 15 minutes, and you can enter to win one of five $100 Loblaws brands gift cards. Complete the survey by November 27!

Complete the Survey

GET INVOLVED

Job & Leadership Opportunities

- **Sophs Apps:** Help incoming students feel welcomed at Western by joining a Soph team! Applications for all teams are open now. Learn about joining the Off Campus, Care (formerly Charity), Residence, and Faculty teams.
- **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 44888).
- **Join the Gazette Publications Committee:** The Gazette is looking for an undergraduate student to join its Publications Committee for a two-year term beginning January 2027. Contribute to the Gazette's long-term strategic planning and editorial direction, with approximately one meeting per month.
- **USC Campaign School:** Interested in running in the 2027 USC Elections? Join the USC for Campaign School on November 23 from 5 to 7 p.m. in UCC Room 265C to learn everything you need to know about running for a USC student leadership position! Follow @westernusc for more information.

Campus Recreation

- **Move Your Mood:** Take a break and boost your mood with free Move Your Mood activities! Try volleyball on November 27, weekly fitness classes and more. Registration is required and opens 7 days in advance. No experience necessary!
- **Intramural 1-Day Tournaments:** Gather your friends for some friendly competition! Intramural 1-day tournaments are back with pickleball on November 29 and volleyball, basketball and futsal on December 6. Registration closes November 30 or when spots fill up.
- **Winter Recreational Sport Clubs:** Looking to try something new, stay active or meet new people? Explore all the clubs and registration details! Winter registration opens online December 1 at 12 a.m.

STUDENT LIFE

Academic & Career Support

- **Professional Writing Seminars:** Optimize your professional profile with Writing Support Centre's professional writing seminars, happening November 23-26.
- **Drop-in Writing Help:** Need some quick writing or presentation support? Writing Support Centre drop-ins are back at Weldon until December 10. Stop by for a 25-minute appointment with an advisor.
- **Peer Assisted Learning:** Get one-to-one, course-specific advice from upper-year students at the Peer Assisted Learning (PAL) Centre.
- **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.

Eat, Drink & Give Back for United Way

- **Coffee Day for United Way:** Grab a coffee and give back! Join us Wednesday, November 25, until 3 p.m. at all residence dining halls and participating campus cafés. $0.25 from every drip coffee purchased at residence dining halls and every large or extra-large drip coffee purchased at campus cafés will be donated to Western's United Way Campaign.
- **Angry Goose Truffle Burger:** Enjoy the Angry Goose Truffle Burger at the UCC this November! $2 from every burger sold will be donated to Western's United Way Campaign. Stop by for lunch or dinner and help support our local community!

Campus Safety Update

- **Campus 911 signage:** Campus Safety & Emergency Services has installed 911 signs on buildings across campus that display the building name and a unique emergency response number. In an emergency, share the information on the sign to help responders locate you more quickly. Learn more.

THRIVE ONLINE: Building Your Support Network at Western



Making connections at university goes beyond finding your friend group! Fifth-year student Tuleen shares how to build a support network at Western, from connecting with classmates and mentors to exploring campus resources and getting involved.

Read Tuleen's Blog

WESTERN WELLNESS

Take Care of your Health
As the weather gets colder, remember to take care of your health. Health & Wellness Services in Thames Hall offers same- or next-day appointments for acute illness or injury, allergies, immunizations, pregnancy and sexual health care, gender-affirming care, and more. Book your appointment today!

Upcoming Wellness Events:

- **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. Register to attend this in-person workshop on November 18 from 3 to 4:30 p.m. in Thames Hall Rm 3115.
- **Mindful Mondays in McIntosh Gallery:** Join this guided slow looking + meditation experience at McIntosh Gallery, from 12:15 to 1 p.m. on November 23 in current exhibition 'Three Dimensions'.
- **We are (not) alone:** Learn about your connection to the Big Bang, discover mental health supports, and take part in an observatory tour and stargazing. Join us on Wednesday, November 25 from 7 to 9 p.m. at the Cronyn Observatory. No registration required!

MUSTANGS MINUTE

The Western Mustangs football team are just one win away from the Vanier Cup! The Mustangs will host the **U SPORTS Mitchell Bowl** on Saturday, November 21, at Western Alumni Stadium, with kickoff at 12 p.m. Gates open at 11 a.m.

Come out and cheer on the purple and white as they battle for a spot in the national championship! **First 500 Western students get in free** with valid Western ONECard. Let's Go Mustangs!

Basketball, Volleyball and Hockey are back in action at home this November.

Upcoming Mustangs Home Games:

- **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.
- **Friday, Nov 27:** Men's Hockey vs. Brock - 7 p.m., Thompson Arena*
- **Sunday, Nov 29:** Women's Hockey vs TMU - 7 p.m., Thompson Arena*

Basketball and Volleyball games take place on the temporary home court at Thompson Arena, as part of the Pack the TRAC season. Come out and experience the action. Western students receive FREE admission to all regular-season home games with a valid Western ONECard.

***Show for Dough Games:** First-year students ONLY eligible. You must OPT IN and attend a Show for Dough game, marked with a * above, to win. Listen for your name and claim your prize. Prize value increases by $100 each time it is not won, and it currently stands at $900! (prize is in the form of a gift card)

Sports Schedule

Important Dates

- **Nov 30:** Last day to withdraw from a Fall 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'.
- **Dec 1:** Undergraduate tuition deadline: second installment due
- **Dec 2:** Last day to withdraw from a Fall 6-week second quarter ('F2') course resulting in a grade of 'WDN' (withdrawn, without academic penalty)
- **Dec 11-22:** Mid-year examination period. Check your exam schedule!

See More Dates

Have feedback? Email us at WhatsUpWestern@uwo.ca

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Unsubscribe link here.

Western Student Experience