Western

What's Up Western

Your Bi-Weekly Student Newsletter | October 19, 2026



Welcome back, Mustangs!

We hope you had a restful Fall Reading Week! As you get back into your studies and prepare for midterms, remember that Western has plenty of academic and wellness supports to help you thrive. There's lots happening on campus this month! Dive into this issue of What's Up Western to discover upcoming events, helpful resources and more.

Events on Campus

Oct 20

Western's Fall Pride Parade

Celebrate community and pride at Western's annual Fall Pride Parade, happening from 11 a.m. to 2 p.m.! Walk with the 2SLGBTQIA+ community and allies, then enjoy music and treats at the UCC Atrium.

Fall Pride Parade

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

Housing Fair

Looking for a place to live next year? Connect with Western Housing staff, landlords and property managers to explore options, ask questions and get advice. Wednesday, October 21, 10 a.m. to 3 p.m., Mustang Lounge, UCC.

Housing 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 23

Sustainability Fair

Looking to get involved with sustainability at Western? The Sustainability Fair is an opportunity to meet the student-facing clubs and groups who are leading sustainability initiatives on campus.

Sustainability Fair

Oct 27

Volunteer Fair

Drop by the Mustang Lounge from 10 a.m. to 3 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

Oct 30

Study Zone

Join Study Zone on October 30 at 10 a.m. or 12 p.m. Study Zone is a group study session at the Weldon Library Community Room to boost focus and productivity using the Pomodoro Method. Peer Coaches offer structure, accountability, and tips—plus, snacks!

Study Zone

Featured Event: Oct 30-31

Pack the TRAC Halloween Weekend!

Mustangs Basketball and Volleyball are back, and we're kicking off the 2026-27 home season with a huge weekend of home opener action at Thompson Recreation & Athletic Centre (TRAC), featuring eight games on October 30 and 31! Western students get FREE admission! Check out Mustangs Minute below for the full schedule.

See All Events

Campus Life

PHOTO FEATURE: A little pawsitivity at Western



Thanks to everyone who joined us for World Mental Health Day! We hope you enjoyed taking a break, connecting with others, meeting some adorable furry friends and discovering mental health supports available on campus.

GET INVOLVED

Leadership Development

- **Work with Transition Programs!** Help shape Orientation and support students entering Western in Fall 2027 as a Transition Programs Student Coordinator. Build leadership, communication and event management skills while supporting students and Sophia in Canada's best Orientation program. Apply by October 28 through recruit.uwo.ca (Job ID 44815).
- **I'm Graduating...What's Next?:** Finishing up your studies this term but aren't sure what your plan is? Join a virtual career workshop on October 21 designed to support you in your transition into the working world, while you prepare for further education, or if you're just not sure what your next steps are.
- **Strengths Peer Coaching:** Complete the CliftonStrengths assessment and meet with a trained peer coach to better understand your strengths and how you can apply them to your personal, academic, and professional life.
- **Work Integrated Learning:** Explore internships and co-ops that will help you get hands-on experience to add to your professional portfolio.

Campus Recreation

- **Intramural Tournaments:** Missed Fall Intramurals? Get in the game with Western Campus Recreation's one-day intramural tournaments on November 7! Grab some friends, build a team and compete for the coveted Purple Shirt. Space is limited, so register soon!
- **Locker Rentals:** Keep your gear close at hand with a locker at the Western Student Recreation Centre (WSRC). Half lockers are $52 per term and full lockers are $84 per term. Rentals are pro-rated and must be purchased in person at the WSRC Membership Services Desk. Taxes extra.

Amazing Race Western

- Team up for USC Charity's Amazing Race Western on November 4! Open to all student leaders at Western, the race offers a chance to win up to $1,000 in prizes. Check out the event details and register your team by October 23.

STUDENT LIFE

Academic Supports

- **Group Study Sessions:** Our Peer Assisted Learning (PAL) team is hosting a series of upcoming study sessions before major midterm exams for courses including Chem 2213, Biochem 2280 and Physics 1201.
- **Learning Development & Success:** Check out upcoming workshops on topics like study strategies, notetaking, and time management so you can feel confident heading into midterms.
- **Peer Assisted Learning:** Get one-to-one, course-specific advice from upper-year students at the Peer Assisted Learning (PAL) Centre.
- **Writing Support:** Book an appointment with a writing advisor and attend an upcoming seminar on writing in various disciplines.

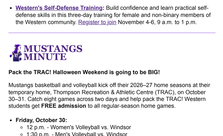
Student Essentials

- **Order ahead with MustangGO and get $5 off:** Skip the line by ordering ahead with MustangGO, Western's mobile ordering app. Get $5 off your first order of $10 or more (before tax). Plus buy-seven-drinks at DaVinci's to get your eighth free (up to $8 value). Visit mustangogo.uwo.ca to download the Transact app and select Western to get started.
- **Stay CyberSmart:** October is Cybersecurity Awareness Month! Take less than 10 minutes to learn how to spot scams and protect yourself and your devices from online threats. Follow @westernusits for more tips and complete your CyberSmart Training.
- **USC Services:** Looking for all the supports, benefits, and USC services you need to succeed? Follow @westernusc_services for everything right at your fingertips, we've got you covered!

Have Your Say

- **Regional Bus Service:** Western is reviewing how regional bus services operating on campus can provide better value, safety, and more convenient transportation options for students. Share your feedback to help inform the future of regional bus service at Western.
- **Affordability Survey:** Have your say on the cost of living and student financial challenges at Western! Complete the USC's Survey for a chance to win up to $200 back towards your textbooks.

THRIVE ONLINE: Campus Eats - Your Guide to Delicious Food Spots at Western



Wondering where to eat on campus? Tuleen shares her guide to Western's dining spots, from quick bites between classes to coffee shops and lunch spots with friends. Discover your next favourite!

Read Tuleen's Blog

WESTERN WELLNESS

As midterms ramp up, make time for your well-being. Explore these health and wellness supports available to Western students.

- **Physical & Mental Health Appointments:** Book a physical health or mental health appointment with the Health & Wellness team at Thames Hall. Some same-day, or next-day appointments are available. **Call 519-661-3036** or book online to get started.
- **Chair Chats:** Need someone to talk to? Grab a snack and chat with a trained wellness peer leader about your day, campus life or anything on your mind. Find the Muskoka chairs outside Thames Hall along Oxford Street on Tuesdays from 11 a.m. to 2 p.m., weather permitting.
- **Relationship Basics:** Explore boundaries, rejection, relationship expectations and maintaining connections. This four-week group meets once a week, November 3–24, 1.30 to 3 p.m. in Thames Hall.
- **Western's Self-Defense Training:** Build confidence and learn practical self-defense skills in this three-day training for female and non-binary members of the Western community. Register to join November 4-6, 9 a.m. to 1 p.m.

MUSTANGS MINUTE

Pack the TRAC! Halloween Weekend is going to be BIG!

Mustangs basketball and volleyball kick off their 2026–27 home seasons at their temporary home, Thompson Recreation & Athletic Centre (TRAC), on October 30–31. Catch eight games across two days and help pack the TRAC! Western students get **FREE admission** to all regular-season home games.

- **Friday, October 30:**
  - 12 p.m. – Women's Volleyball vs. Windsor
  - 1:30 p.m. – Men's Volleyball vs. Windsor
  - 6 p.m. – Women's Basketball vs. Waterloo*
  - 8 p.m. – Men's Basketball vs. Waterloo
- **Saturday, October 31:**
  - 12 p.m. – Women's Volleyball vs. Windsor*
  - 1:30 p.m. – Men's Volleyball vs. Windsor
  - 6 p.m. – Women's Basketball vs. York
  - 8 p.m. – Men's Basketball vs. York

More Mustangs action:

- **Women's Hockey Home Opener:** The Mustangs host Carleton for their home opener on Friday, October 23, then face Ottawa on Saturday, October 24. Both games start at 7 p.m. at Thompson Arena.
- **Mustangs Football:** Catch the Mustangs' final regular-season home game against the Laurier Golden Hawks on Saturday, October 24, at 1 p.m." at Western Alumni Stadium as the team recognizes its seniors.
- **OUA Rowing Championships:** Mustangs Rowing competes in St. Catharines on October 30–31.
- **Playoff season:** OUA soccer, rugby and football playoffs begin at the end of October, with schedules determined by final standings. Check the schedule for more details as they become available.

Show for Dough: First-year students can opt in for a chance to win by cheering on the Mustangs at designated home games (see games*). The prize starts at $100 and grows by $100 if the selected student doesn't show up. You must opt in and attend to win!

Full Sports Schedule

Important Dates

- **Oct 20:** Last day to withdraw from a Fall 6-week first quarter ('Q') course resulting in a grade of 'WDN' (withdrawn, without academic penalty).
- **Oct 21-22:** Fall Convocation
- **Nov 2:** Deadline for official transcripts for courses taken on Letters of Permission during the academic year 2025-26 and the Spring/Summer Terms of 2026.

See More Dates

Have feedback? Email us at WhatsUpWestern@uwo.ca

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Western StudentExperience