



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 7 Western Stampede Saddle up for Western Stampede on October 7 at Concrete Beach, UCC! Test your skills on the mechanical bull, try your hand at axe throwing, enjoy a country DJ set, and grab some festive food and drinks! Follow @westernusc_events for more info! Follow USC Events
Oct 7 Go Abroad Fair Explore 170+ opportunities to study, intern or conduct research abroad at the Go Abroad Fair October 7 in the UCC Atrium. Can't make it? Attend an Info Session or chat with a Global Learning Ambassador to learn more. Go Abroad Fair	Oct 7 Therapy Dogs 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
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

See All Events

Campus Life

PHOTO FEATURE: Hoco 2026

It was an unforgettable Western Hoco 2026! The Student Fan Festival was packed with purple, and the free food trucks were amazing. To make the day even better, the Western Mustangs Football team celebrated a victory. Check out our photo album! Spot yourself? Download your favourite pictures!

[View Photos](#)

GET INVOLVED

- ### Leadership & Opportunities
- Join OPSA:** Are you a first-year student from outside Ontario? Join the Out-of-Province Student Association's first-year committee to gain leadership experience, meet other out-of-province students and help plan events. [Apply by October 9 at 11:59 p.m.](#)
 - Student Experience Work Study:** Approved for Work Study? Apply to be a Digital Communications & Social Media Lead to build your communications skills, create content and gain hands-on social media experience with Western Student Experience. Visit [workstudy.uwo.ca](#) to apply today!
 - 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.
- ### 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.](#)

STUDENT LIFE

- ### Academic & Career Supports
- Writing Support:** Learn about writing more clearly, crafting an argument, and editing and proofreading with the Writing Support Centre's [upcoming seminars](#).
 - Learn2Thrive:** If last academic year wasn't your best, [Learn2Thrive](#) can help with strategies, tools, and supports to make a real difference in navigating the challenges that come with university life.
 - Plan your next steps:** Explore further education options at the [Graduate & Professional School Fair](#) on October 20 and discover ways to get involved at the [Volunteer Fair](#) on October 27.
 - Peer Assisted Learning (PAL):** Did you know you could book a 1-1 virtual or in-person appointment with an upper-year learning peer to ask questions about course material or learning for select courses? [Learn more about PAL appointments.](#)
 - 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!

- ### Have Your Say
- 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.

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](#)

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](#)

WESTERN WELLNESS

- 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 38B.
- 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.

MUSTANGS MINUTE

Current Western students get into all regular season home games (on campus) for FREE with a valid Western ONECard. Check out some upcoming games:

- Friday, Oct 9:**
 - Men's Hockey, 7 p.m. vs Toronto Varsity Blues, Thompson Arena (Home Opener)
 - Field Hockey, 7:30 p.m. vs Guelph, Mustang Field
- 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, Mustang Field
- Saturday, Oct 17:**
 - Field Hockey, 1 p.m. vs York, Mustang Field
 - Men's Lacrosse, 7 p.m. vs Brock, Mustang Field

*Mustangs Show for Dough game

[Full Sports Schedule](#)

First-Year Students: Mustangs Show for Dough

First-year Western students, you could win just by showing up and cheering on the Mustangs! With *Show for Dough*, eligible first-year Western students need to **OPT IN** to be entered for the chance to win at designated Mustangs home games (games * above). The prize starts at \$100, and if the student selected isn't at the game, another \$100 is added to the pot for the next designated game. The bigger the pot gets, the more reason to show up, because you must sign up and show to win the dough!

[Show for Dough](#)

HOT TAKE

Reading week is for...

- Sleeping in
- Catching up on schoolwork
- Thanksgiving/family time
- Hanging out with friends

[Vote Now](#)

Important Dates

- Oct 10-18:** Fall Reading Week
- 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](#)

[See More Dates](#)