What's Up Western Western 👼 **Grad Students**

Your Monthly Student Newsletter | January 2024



Happy New Year, Welcome Back!

Welcome back! As you return to campus and immerse yourself in your studies, we invite you to join us for a Graduate Student Resource Fair on Tuesday, January 9 from 3 to 4 p.m. in the Weldon Library Community *Room*! This event presents an excellent opportunity for you to explore the various services, supports, and programming available on campus throughout the year. Meet and engage with our campus experts dedicated to supporting your success in your graduate studies. Registration is not required. If you have any questions about the Resource Fair, please email gradlife@uwo.ca. We look forward to meeting you!

Learn More

Events on Campus

JAN 11

Accessible Academia: An Intro for Graduate **Students**

Join us from 10 a.m. to 12 p.m. to meet members of the Accessible Education Transition Support team, connect with your peers, and learn about resources at Western. Contact aew@uwo.ca if you need any accommodations.

JAN 11

Global Café

Join Western International every Thursday from 3 to 5 p.m. in the IGAB Atrium for Global Café. This week we are welcoming all new international students to campus! This weekly event is a great way to meet new people from all over the world and is open to all Western students.

Learn More

Register Now

JAN 24

JAN 12

Fair

Leadership

Leadership Fair on

Friday, January 12

between 10 a.m. - 3

p.m. in the Weldon

Library Community

about opportunities

to get involved on

Learn More

Room to learn

campus.

Join us for the

JAN 31-FEB 1

Therapy Dogs

JAN 15

They're back! Destress and hang out with the St. John Ambulance therapy dogs on Monday, January 15 from 1:30 to 3:00 p.m. in the Weldon Library Community Room. No registration required, open to the entire Western community.

Learn More

Careers in **Federal** Government

Interested in a career in the public service? Join us online for Careers in Federal Government day on January 24 from 11 a.m. – 4 p.m. (EST). Meet with recruiters from a variety of federal government agencies and sit in on an exciting panel discussion.

Career Fair

Meet with employers at the hirewesternu Winter Career Fair, taking place in the Mustang Lounge (UCC) on January 31 and February 1 from 10 a.m. – 3 p.m. Attending employers are excited to share the full-time, part-time, and work integrated learning opportunities in their organizations.



See All Events

Learn More

Campus Life

INSPIRING MINDS: TAVIS ENNO



Inspiring Minds seeks to broaden awareness and impact of graduate student research, while enhancing transferable skills. Students were challenged to describe their research, scholarship or creative activity in 150 or fewer words to share with our community.

Tavis Enno, MSc candidate, Geology, Faculty of Science shares his research optimizing exploration of the Troilus deposit, Quebec by reevaluating the mechanisms of ore deposition.

Read More

WESTERN GRAD **SHARES INDIGENOUS KNOWLEDGE**



Photo Source: Serena Mendizabal

Serena Mendizabel, BA'20, MA'23, was at COP28, in Dubai, United Arab Emirates, as an expert panellist, sharing grassroots insights and Indigenous Knowledge on five panels at the conference.

In 2020, she told Western News there were "big-picture things" she wanted to accomplish, and in the three years since her convocation, she has.

Read Full Story

GET INVOLVED

• Employers are still recruiting for Summer 2024 and beyond, and they want to meet you! Check out the organizations hosting Information Sessions this month.

LEARNING CORNER

- Start the term off strong with Learning Development & Success presentations on topics including time management and effective learning in STEM courses.
- Looking for an internship? Want to experience a new culture? Applications for the Western Heads East program are now open! Apply by January 15 for Summer 2024. Join the Intern Panel event on January 11 in the Chu Centre to learn about students past experience with the program, more info here!
- EDI Certificate Programs Promote inclusivity, impress employers, and drive positive change. Experience transformational learning with the Office of EDI's FREE certificate programs: the Anti-Racism Foundations Certificate Program and the Anti-Oppression Certificate.
- Upgrade your LinkedIn profile with free professional headshots available now in the Careers & Experience office! Available Monday to Friday from 8:30 a.m. to 4:30 p.m. in UCC 210.

• Attend our <u>Career</u> Workshops to learn about career-related topics

- including developing a strong resume and cover letter, how to network effectively, setting up your LinkedIn profile, and more!
- Explore Grad Life Coaching Appointments! Access personalized support to discuss goal setting, professional development, social life, and more. Winter term appointments are open now. Learn and book at gradlife.uwo.ca/coaching.
- <u>Strengths at Western</u> is running a workshop series to help you learn about your unique talents and how you can use them to be successful during your time at Western. Registration includes access to the CliftonStrengths assessment!
- If you're currently in the coursework stage of your program, check out Learn2Thrive to develop strategies to thrive both academically and personally.

MUSTANGS MINUTE

The Western Mustangs **Ringette** team are back-to-back Canadian University Ringette champions, winning the gold medal on December 31, 2023. They also won this championship in 2022. Congratulations Mustangs!

Family and Friends Hockey Night: Mustang Men's Hockey play the Nipissing Lakers on Friday, January 12 at 7 p.m. at Thompson Arena. Family and friends of graduate students are also free for this game!

Free Tickets

Select 'General Public and/or Youth' and enter **CODE**: **GS24JAN** at checkout.

Admission is FREE for Western grad students for all Mustangs sports teams regular season home games with your valid Western ONECard.

See full sports schedule!

WESTERN WELLNESS

Did you know you can access partially or fully-funded dietitian services in Health & Wellness through your student health plan? Gut Healthy Dietitian offers 1:1 nutrition counselling for a wide variety of nutrition conditions including general healthy eating, digestive conditions, eating disorders, hormonal conditions, chronic disease, sports nutrition, and specialized diets. Meal planning and custom nutrition plans are also available. To learn more visit health.uwo.ca.

The Wellness Navigator is a free, confidential platform that offers comprehensive selfassessments to help you track and manage your mental health over time. It recommends supports and resources available to you both on and offcampus, to help support your well-being. Sign up with you UWO email to get started today!

OWN YOUR FUTURE

Designing Your Career: Envision Multiple Paths to Career Success

January 25, 2024 from 10:30 a.m. to 12:30 p.m.

Unsure about what comes next in your career? Step into a 'Designer' mindset to embrace curiosity and explore multiple paths forward.

GRAD STUDENT LIFE

Looking for a study break? Check out the **SOGS calendar** for events throughout the month including Trivia night, Rick McGhie Live, Board Game Night and more!

Western Esports Intramurals

registration is now open for the winter term (League of Legends & Valorant). Space is limited, so register early as a team or as an

Workshop Highlights:

- Design Thinking Approach: Embrace the methodology of 'Design Thinking' to approach your career journey.
- Dispel PhD Career Myths: Recognize and address common misconceptions that may hinder your career growth. Navigate Career Stagnation:
- Identify reasons for feeling stuck and acquire practical strategies to move forward.
- Finding Purpose: Engage in reflective challenge cards that guide you to uncover how you can make a meaningful impact on society.
- Odyssey Planning: Put pen to paper and envision a range of diverse career trajectories to design multiple paths forward.

Hosted by: David Feeney, Graduate and Postdoctoral Career Coach

Light refreshments will be provided. Limited spaces available.

Register Now

DOWNLOAD ALERT WESTERNU



Alert WesternU: New Safety **Features Available!**

The latest version of Alert WesternU includes a significant safety enhancement - an SOS button. This feature connects users promptly with Western's dedicated security and emergency response team. The SOS function is only available while on campus. Visit the Alert WesternU website to see instructions to download the app and customize your settings.

Learn More

individual.

Recreational Sports Clubs are back in action starting January 21 for the winter term, some memberships are still open. Registration is first come, first serve and there are no wait lists, so make sure you take a look at the registration website and sign <u>up now</u>!

Visit Western Campus **Recreation** to see <u>January</u> hours and orientation programming. New for 2024: Curious how to use a piece of equipment in the WSRC the you're not familiar with? Check out our new Equipment Guide. Staff-made videos of how to use the different pieces of equipment, grouped by muscles. Or feel free to ask any of our Campus Recreation staff members for help.

IMPORTANT DATES

- Jan 10: Due date for winter term tuition (first installment).
- Jan 15: Grade submission deadline for fall term grades for continuing students.
- Jan 30: Last day to provide proof of Permanent Residency to have winter term tuition fees reduced to the domestic rate.

• Jan 31:

- Last day to enrol in graduate courses starting in the winter term. Students who are not enroled by this date cannot receive academic credit for the winter term.
- Last day to declare an audit for a course starting in the winter term.
- Last day to drop a graduate course beginning in the winter term without it appearing on the transcript. Students who drop after this date but before March 1 will receive a WDN on their transcript.

See All Dates

Follow us on social

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Have feedback or want to share your story? Email us at WhatsUpWestern@uwo.ca

Western StudentExperience