You've Got This, Mustangs!

Mustangs! Remember that Western has a wide range of academic and professional development opportunities available for you. As you plan your path forward, consider attending one of the following upcoming seminars to help you develop your skills:

**APRIL 8**

**Organizing Your Mind for the End of Term**

- **Time:** From 5 to 6 p.m.
- **Location:** University Centre, Room 1001
- **Details:** This seminar will focus on techniques and strategies for managing your time and workload effectively during the end-of-term period. You will learn practical tools and methods to help you stay organized and reduce stress.

**APRIL 9**

**Your Thesis or Dissertation: A Positive Impact**

- **Time:** From 10 a.m. to 2 p.m.
- **Location:** University Centre, Room 2001
- **Details:** In this workshop, you will learn about the psychological and emotional aspects of writing a thesis or dissertation. You will explore strategies for maintaining a positive mindset throughout the research process and learn how to manage challenges and setbacks effectively.

**APRIL 10**

**Supporting Your Virtual Adaptation**

- **Time:** From 10 a.m. to 12 p.m.
- **Location:** University Centre, Room 3001
- **Details:** This seminar will focus on supporting the virtual adaptation of More Than Words®, a caregiver-training program. You will learn about the program's benefits, how it can be implemented into daily routines, and strategies caregivers can use to support their autistic preschoolers.

**APRIL 11**

**APRIL 16**

**APRIL 17**

**APRIL 18**

**APRIL 19**

**APRIL 22**

**APRIL 23**

**APRIL 24**

**APRIL 25**

**APRIL 26**

**APRIL 27**

**APRIL 28**

**APRIL 29**

**APRIL 30**

**FREE END OF TERM SUPPORTS**

- **Time:** From 10 a.m. to 3 p.m.
- **Location:** University Centre, Room 4001
- **Details:** This event will provide free end-of-term supports for students, focusing on mental health and well-being. You will have the opportunity to connect with mental health professionals, participate in stress-relief activities, and discuss any concerns you may have with peers.

**NEXT STEPS**

- **Time:** From 1:30 to 3 p.m.
- **Location:** University Centre, Room 5001
- **Details:** This seminar will focus on the next steps you can take after completing your academic program. You will learn about career opportunities, further education options, and how to effectively communicate your achievements to potential employers.

The Writing Graduate Support Centre and Campus Life are proud partners in bringing you these seminars. We hope you will find them valuable and supportive as you navigate the end-of-term period and plan for your future.