



February is Black History Month!

Celebrate Black History Month with us at Western! Join the campus and London communities in listening, learning, and engaging in meaningful discussions. The Office of Equity, Diversity and Inclusion is hosting free events throughout February to honour the achievements and contributions of Black individuals. Registration may be required for some events - see descriptions for details. Everyone is welcome to attend.

Black History Month Events:

- **Feb 6:** [Film Viewing of "What we deserve": A panel and powerful film on reparations](#)
- **Feb 7:** [Unpacking Anti-Black Racism Workshops](#)
- **Feb 12:** [Leading Change in Difficult Times with Hope and Optimism](#) with Ivan Joseph
- **Feb 12:** [Diversity in Medicine: The Evolution of a Black Female Doctor and Advocate](#) with Dr. Chika Stacy Oriuwa
- **Feb 16:** [Empowering Women's Voices: a Transformational Spoken Word Workshop with Andrea Thompson](#)
- **Feb 29:** [Speak on it, featuring Michaëlle Jean](#)

[Visit BlackHistory.uwo.ca](#)

Events on Campus

FEB 6

Networking for Career Acceleration

Join Western Alumni and the LEDC online from 12 to 2 p.m. as career expert Steve Dalton shares research-backed frameworks for building a strong professional network to accelerate your career.

[Sign Up](#)

FEB 10

Purple Boots

Giddy up, Western - Purple Boots is back and it's going to get loud! Come join us in the Mustang Lounge on Saturday, February 10 at 8 p.m. to hear live music from "Stronger Beer" singer, Tim Hicks!

[Get Tickets](#)

FEB 13

Mindfulness for ADHD

Learn about mindfulness and its benefits for students with ADHD on February 13 from 10 to 11 a.m. No prior experience with mindfulness is necessary.

[Register](#)

FEB 14

Therapy Dogs

Your favourite furry friends are back for a Valentine's visit! Join them in the Weldon Library Community Room on February 14 from 1:30 to 3 p.m.

[More Info](#)

FEB 14

Sexual Wellness Fair

Drop by the UCC Atrium from 10:30 a.m. to 4:00 p.m. for **free STI testing** (first 50 people get a **free Spoke bagel voucher**), free condoms and sexual health products, trivia & games with many **prizes**, a **photobooth**, plus health support staff will be onsite to answer any sexual health or wellness questions.

[Learn More](#)

FEB 16

Graduate Family & Friends Volleyball Games

Join us for Graduate Student Friends & Family Volleyball Games on Friday, February 16 at 6 p.m. (W) and 8 p.m. (M) In addition to Graduate Students getting in free with your valid Western ONECard, you can order free tickets for your friends and family using the **CODE: GS24FEB**

[Get Tickets](#)

[See All Events](#)

Campus Life

INSPIRING MINDS: LUTFUN NAHAR



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.

Lutfun Nahar, PhD candidate, Gender, Sexuality & Women's Studies, Faculty of Arts and Humanities shares her research on Networked Masculinity In Toxic Techno-culture.

[Read More](#)

WESTERN NEWS: EXPERT INSIGHT



Excessive social media use worsened adolescent mental health during COVID-19

In this *Conversation* piece, education professor Emma Duerden and neuroscience PhD candidate Michaela Kent discuss how lockdowns and lack of support networks left youth more vulnerable to the negative effects of social media, exacerbating adolescent mental health challenges.

[Read Full Story](#)

GET INVOLVED

- Learn how you can gain valuable experience and develop your transferable skills through the [Western Peer Leader program!](#) Recruiting now for Summer 2024 and Fall/Winter 2024-25.
- Employers are hiring now for Summer 2024! [Drop into UCC 210 to get help updating your resume](#) to stand out amongst other applicants.
- **Become an EDID Champion!** EDID Champions are allies at Western University (students, staff and faculty) who advocate for creating inclusive spaces and places.
- Become a mentor for new international undergraduate or graduate students! [Western International is recruiting student volunteers](#) to help guide and support new international students for the 2024-2025 academic year.

LEARNING CORNER

- Check out the Writing Support Centre's seminar series on [writing foundations](#), including topics like Concise Writing and Crafting a Thesis Statement.
- **PhD Planning Groups** - Join a group to share your weekly progress, plan for the next week, and discuss common challenges with other grads. [Learn more and register here.](#)
- **Learn2Thrive in Grad School** - If you're currently in the research and writing stages of your program, check out Learn2Thrive in Grad School to develop strategies to thrive both academically and personally. Program starts March 4!
- **Reading Strategies for Grad Students** - Learn strategies to enhance your reading efficiency and effectiveness on February 26 from 1:30 to 2:30 p.m.

MUSTANGS MINUTE

Come out and cheer on your Mustangs as regular seasons wind down and playoffs begin! Admission is FREE to all home games with valid Western ONECard. Concessions are available.

- **Mustangs Men's Volleyball** plays Fri, Feb 9 at 7 p.m. | Sat, Feb 10 at 8 p.m. | Fri, Feb 16 at 8 p.m. | Sat, Feb 17 at 4 p.m. (last regular season game) | Alumni Hall
- **Mustangs Women's Volleyball** plays Fri, Feb 9 at 12 p.m. | Sat, Feb 10 at 6 p.m. | Fri, Feb 16 at 6 p.m. | Sat, Feb 17 at 6 p.m. (last regular season game) | Alumni Hall
- **Mustangs Women's Hockey** plays Fri, Feb 9 at 7 p.m. | Sat, Feb 10 at 7 p.m. (last regular season game) | Thompson Arena

[See Full Sports Schedule](#)

WESTERN WELLNESS

Did you know there is no waitlist for mental health appointments at Western?

Often you can get an appointment the **same day** you call for one. Book an appointment by calling the Health & Wellness Services' Clinic at 519-661-3030. Reach out for support when you need it!

Reflecting on the End of Your PhD is a new mental health group designed for PhD students who are completing their degree to come together in a safe space for support and to learn how to navigate the challenges that come with finishing a PhD, using Acceptance & Commitment Therapy. Starting February 6 & running Tuesdays from 1:00 to 2:30 p.m. in Thames Hall room 3172. Email health@uwo.ca to register.

OWN YOUR FUTURE

Advancing Workshop: Diversity, Equity, Inclusion and Decolonization in Research

February 22 from 3:00 to 4:30 p.m. EST (Virtual)

In this session, we will cover basic concepts of EDID, and go through key principles and best practices of equity and inclusion in research, and how we can apply them in our research design and practice. We will also speak about how to approach writing EDID statements and incorporating EDID in research funding applications.

Each and every one of us can be a transformative leader, with the ability to create an accountable and inclusive spaces for all!

Facilitator: Alexandra Levine, PhD (she/her), Equity, Diversity, Inclusion and Decolonization (EDID) Research Officer, Western Research.

[Register Now](#)

For inquiries, please contact julie.jonkhans@uwo.ca

GRAD STUDENT LIFE

Research Support - Take advantage of personalized, one-on-one research help from library experts. Book a consult or stop by Weldon Tuesday-Thursday from 11 a.m. - 3 p.m. for drop-in support.

Looking for a study break? Check out the [SOGS calendar](#) for events throughout the month including Trivia Night, Rick McChie Live, Board Game Night and more!

Have you heard about the newly launched **Graduate Student Affordability Calculator?** [Check it out here!](#)

Did you know Western's main campus has began it's transition to become bottle free with the roll-out of its [Refill, Rehydrate, Repeat](#) campaign. Bring your reusable water bottle and take advantage of the 200+ water stations on campus. Need a reusable water bottle? Check out [Western Bookstore](#).

Interested in working with Sports & Recreation on campus in the summer or next year? [Check out the student roles posted here!](#) Learn more about Western Campus Recreation programs, services & facilities at uwo.ca/campusrec.

IMPORTANT DATES

- **Feb 7:** [Campus-wide test of AlertWesternU](#)
- **Feb 14:** Due date for second installment of winter term tuition for those paying in 2 installments.
- **Feb 23:** February In-Absentia Convocation
- **Feb 29:** Last day to withdraw from a graduate course beginning in the winter term without academic penalty. Students who drop after this date will receive an F on their transcript.

[View More Dates](#)

HAVE YOU TRIED ODD BURGER YET?



The first 100% plant-based eatery is now in full swing at UCC Food Hub. Odd Burger offers an extensive menu with vegan burgers, breakfast sandwiches, wraps, loaded fries, salads and dairy-free milkshakes.

[Full Story](#)

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