



SDG Week Canada is March 4-8!

SDG Week Canada is a national collaboration from March 4 - 8, to increase awareness and engagement with the 17 UN Sustainable Development Goals (SDGs) on university and college campuses. Western Sustainability will be hosting a number of events throughout the week, open to the entire Western community!

[See SDG Week Events](#)

Events on Campus

MARCH 6

'W'at About Us': Film Screening & Panel

Join us to watch a film about the mainstream stories #MeToo never told Tuesday, March 6 at 1 p.m. in the McKellar Room (UCC) & participate in a Q&A panel with director Shelley Jarrett.

[Register](#)

MARCH 8

The Role of Empathy & Vulnerability in Leadership

Join us online to explore the importance of empathy and vulnerability in effective leadership. Terri Givens will be our guest speaker, author of "Radical Empathy: Finding a Path to Bridging Racial Divides," and Professor of Political Science at McGill University and formerly the CEO of the Center for Higher Education Leadership.

[Learn More](#)

MARCH 9

Igniting Change: Empowering Women's Health, Education & Employment

All undergraduate and graduate students are invited to engage with expert speakers from Western and participate in a case competition focused on women's health, education and empowerment worldwide. Join us March 9 from 10 a.m. to 3 p.m. in the Weldon Library Community Room.

[Learn More](#)

MARCH 12

Outside of the Shadows: Addressing Stalking in Canada

In this interactive presentation, women's rights advocate & stalking survivor Julie S. Lalonde will lead a discussion on the reality of criminal harassment in Canada. Join us virtually at 3 p.m. via zoom.

[More info](#)

MARCH 12

De-stress Fest

Enjoy some snacks and de-stressor activities, learn about available student supports, and hang out with the St. John Ambulance Therapy Dogs from 1 to 3:30 p.m. in the Weldon Library Community Room.

[Learn More](#)

MARCH 13

hirewesternu Ability Accessible Employment Forum

Join us from 5:30 to 8 p.m. to network with employers and hear a keynote address from Stephanie Cadieux, Chief Accessibility Officer for the Government of Canada. Attendees will be entered in a draw to win an Apple iPad or 1 of 4 \$100 gift cards!

[Register](#)

MARCH 21

Workshop: Unpacking & Addressing Micro-aggressions for Students

In this workshop, you will learn about microaggressions, what they are and their impact. We will also unpack microinterventions and practice using tactics to address microaggressions.

[Register](#)

MARCH 22

Envirocon 2024

EnviroCon is an interdisciplinary conference organized annually by graduate students in the Collaborative Specialization in Environment and Sustainability at Western University

[Register](#)

MARCH 22

Learn to Lead Summit

Save the date; the last Learn to Lead Summit of the year will take place on Friday, March 22. Keep an eye on the website for registration info coming soon.

[Learn More](#)

[See All Events](#)

Campus Life

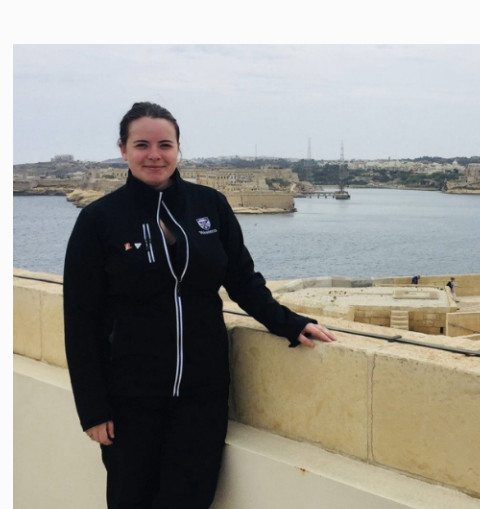
INSPIRING MINDS: OMAR BOLBOL



Omar is a Master of Engineering Science (MESC) candidate specializing in Geotechnical/Geoenvironmental Engineering. He graduated with a Bachelor of Engineering from Beirut Arab University (ABET Accredited) in Lebanon. Omar's research is concentrated in the niche field of frozen ground engineering, specifically examining the effects of freeze-thaw cycles on the structural stability of structures in cold regions and steel design in the context of sound wall foundations.

[Read More](#)

GLOBAL HONOUR DISTINCTION EXPANDS TO GRADUATE STUDENTS



Mackenzie Brash photo

Calling it one of the best experiences of her life, Mackenzie Brash, BA'17, MA'18 explored Malta's history and culture while receiving the Global and Intercultural Engagement Honour. Now available to graduate students, the program enables those who complete it to receive a special distinction on their official transcript.

[Read Full Story](#)

GET INVOLVED

- Participate in a grad specific [Student Experience Communications Focus Group](#) on March 21 from 12:30 to 1:30 p.m. in the Grad Club (food & refreshments provided) and receive a \$25 Western Hospitality gift card. [Sign up & learn more!](#)
- Looking for a summer job on campus?** There are many positions open across campus. Visit [recruit.uwo.ca](#) and limit your search to "student jobs".
- Applications for many [Western Peer Leader roles](#) are still open! Learn how you can get involved on campus this summer and next academic year.
- Become an EDID Champion!** EDID Champions are allies at Western University (students, staff and faculty) who advocate for creating inclusive spaces and places.

LEARNING CORNER

- The 5-week [Learn2Thrive in Grad School](#) program starts today – there's still time to register! Best suited for grad students in the research/writing stage of their program.
- Attend employer information sessions** to learn about internship/co-op, summer, and new grad opportunities. See all events on [Western Connect](#).
- Check out workshops** from [Career Education](#), [Learning Development & Success](#), [Strengths at Western](#), and the [Writing Support Centre](#) this month!
- Looking for help developing a plan to complete your work?** Wondering how to improve your time management or motivation? Book a confidential [individual appointment](#) with us.

MUSTANGS MINUTE

The Mustangs Track & Field team won double banners at the OUA Provincial Championships on Feb 23-24. First time in history that Western has won for both Men and Women in the same year. Two student athletes who won gold medals at the T&F championships also set new OUA Records:

- Kenneth West - Men's Long Jump (OUA Record) & Men's Triple Jump (OUA Record)
- Favour Okpali – Women's 600m (OUA Record). Go Mustangs!

Visit [Western Mustangs](#) for more information about results and upcoming competitions.

[See Sports Schedule](#)

WESTERN WELLNESS

The Survivor Workshop Series: Moving Forward with Intention - This session will encourage participants to consider ways to engage in self-growth while living in a society that still stigmatizes experience of gender-based and sexual violence. Participants will explore self-empowerment and how to exist within a society that perpetuates rape culture, patriarchy and misogyny. [Register to join us](#) on Thursday, March 7 from 2 to 3 p.m.

Virtual Trauma Informed Yoga
Join Kaitlyn Robinson, a certified yoga therapist, who will guide a virtual class through a yoga session, designed to provide space for participants to (re)connect and be safely present with their bodies and breath. Running March 28 from 7 to 8 p.m. [Register Now!](#)

OWN YOUR FUTURE

Upcoming Workshop: Converting Your CV to a Resume

March 14 from 10:30 a.m. to 12 p.m. EST (Virtual)

This workshop is for PhDs who are looking for non-academic roles and seeking guidance on reshaping their extensive academic and professional experiences into impactful resumes. A resume is not just a shorter version of your CV-it's a strategic representation of your skills and experiences tailored for a specific job opportunity. Join our workshop to discover how to present your qualifications with impact and relevance.

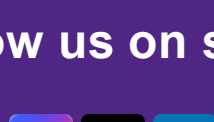
[Register Now](#)

IMPORTANT DATES

- March 19:** Final date for doctoral candidates to complete the preliminary thesis submission to finish the degree within the winter term and be eligible for the June Convocation.
- March 25:** Recommended deadline to submit to the School of Graduate and Postdoctoral Studies any request for a Change of Registration for the summer term (leave of absence, part-time status, transfer from master's to doctoral degree, intent to be eligible for TDO status etc.). Recommended deadline to Apply to Graduate for Spring Convocation.

[View More Dates](#)

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