



You've got this, Mustangs!

It's crunch time! Our last What's Up Western email for 2023 is packed with exam season essentials. We've got exam shuttle bus info, free late night breakfast details, library tips & tricks and more! Check it out below.

Reminder: if you need support as you move through your exams, reach out or access the many wellness and academic supports Western has to offer.

[Exam Supports](#)

Events on Campus

DEC 11-15

Drop-in Exam Help

Need some additional support heading into exams? Drop-in to meet with the Learning Development & Success team on the Weldon Mezzanine (rm. M17) between December 11-15!

[See Hours](#)**DEC 12-14**

Late Night Breakfast

Head to the Mustang Lounge on December 12, 13, and 14 at 10 p.m. to fuel up on some FREE late night breakfast eats, courtesy of the USC. First come first serve while quantities last.

[Follow USC](#)**DEC 14**

Wellness Hub

This is the last Western Wellness Hub session of the fall term. Join us virtually from 11 a.m. to 12 p.m. for a discussion with your peers about the journey from college to career.

[Register Here](#)[See All Events](#)

Campus Life

PHOTO SPOTLIGHT: THERAPY DOGS



Thanks to everyone who came out to see our furry friends from St. John Ambulance Therapy Dogs. The pups are wishing you all the best of luck on your final exams and will be back on January 15, 2024 for the next Therapy Dogs event!

[More Details](#)

WINTER FUN IN LONDON



Looking for something fun to do this winter? Tourism London has you covered with outdoor and indoor activities you'll be sure to have fun checking out. From outdoor ice skating to winter hiking trails to escape room adventures and more!

[Read More](#)

WESTERN WELLNESS

Reach out for support when you need it! [Mental health counselling appointments](#) are available Monday to Thursday from 9 a.m. to 7 p.m., and Friday from 9 a.m. to 5 p.m. Crisis appointments are also available every day until 4:30 p.m. Call 519-661-3030 to book an appointment.

Interested in learning more about what supports and resources are available to you on and off-campus? Try using the [Wellness Navigator](#), a new service for students to confidentially self-assess your own mental health and access resources that could help support you in your university life.

Health & Wellness Services will be CLOSED for the winter break Dec 23 - Jan 3. For crisis supports visit uwo.ca/health.

MUSTANGS MINUTE

Upcoming Games: Mustangs Men's and Women's Basketball teams play vs the Laurier Golden Hawks on Friday, January 5, 2024 at 6 p.m. (W) and 8 p.m. (M) and vs the Waterloo Warriors on Saturday, January 6 at 6 p.m. (W) and 8 p.m. (M) at Alumni Hall. Concessions are available.

Admission is FREE for Western students for all Mustangs regular season home games with Western ONECard.

Full sports schedule at westernmustangs.ca/calendar

Follow [@WesternMustangs](#) on TikTok for behind the scenes with all of our Mustangs teams or [@WesternMustangs](#) on all other platforms for game day info and team coverage.

GET INVOLVED

- Looking for an internship? Want to experience a new culture? Applications for the **Western Heads East** program are now open! [Apply Now](#) for Summer 2024.
- Recognize and celebrate your fall achievements by adding your activities to **Western's Co-Curricular Record (WCCR)**! Your WCCR is an official document that can be used for employment, grad school, and/or volunteer applications. Access it through [Western Connect](#).
- Promote Inclusivity, Impress Employers, and Drive Positive Change with the **Office of Equity, Diversity, and Inclusion's FREE certificate programs:** Anti-Racism Foundations Certificate Program and the Anti-Oppression Certificate.

STUDENT LIFE

- Late Night Exam Shuttle Service** - A FREE late night exam shuttle service is provided by your Students' Council to offer students a safe way to get home this exam season. Shuttles depart from Natural Science from 12:01 a.m. to 3:00 a.m. nightly, running till Thursday, December 21.
- Foot Patrol** is also available from 8 p.m. to midnight until December 19 if you would like company walking on campus.
- Library Tips and Tricks for Exam Season** - As the library gets busy, remember there are five library spaces on campus. Weldon and Taylor have extended hours in December staying open until 3 a.m. and midnight, respectively. [Check hours for all libraries](#). Remember to ensure you pick the study zone that best suits you - conversation friendly, quiet study or silent. [Learn more!](#)
- Western Intramurals** - Registration is open for [Sports Intramurals](#) (variety, see website) & [ESports](#) (League of Legends & Valorant) Winter Intramurals. Space is limited, so register early as a team or as an individual.
- Check out the [Western Campus Recreation](#) website for December & January hours and programming.

IMPORTANT INFO

Download 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](#)

HOT TAKE

This is the last issue of **What's Up Western** for the fall term. We'd love to hear your feedback!

Vote on your favourite sections and provide feedback on what YOU want included in these emails!

[Vote Now](#)

Results from our last poll: Which study approach works best for you...

Solo Study Sessions 79%
Study Groups 21%

Follow us on social



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