



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 Me 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 12-15

Writing Foundations

Check out the Writing Support Centre's seminar series on writing foundations, including topics like Concise Writing and Editing & Proofreading.

[View Series](#)

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 Now](#)

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 and a photobooth**. Plus health supports will be onsite to answer any questions.

[Learn More](#)

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](#)

[See All Events](#)

Campus Life

PHOTO SPOTLIGHT: TAYLOR SWIFT THE ERAS DANCE PARTY

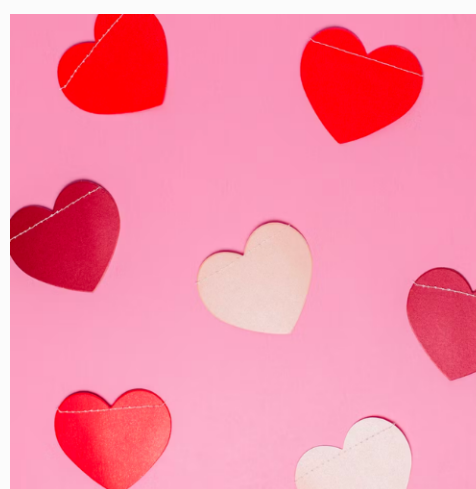


Do you really want to know where we were January 18? At the Eras Dance Party, obviously!

Big thanks to all who attended the USC Taylor Swift Eras Dance Party at the Wave. Check out the event photos & save your favourites!

[View Photos](#)

6 WAYS TO CELEBRATE VALENTINE'S DAY



With Valentine's Day approaching, Amy shares six versatile ideas in the latest Thrive Online blog.

Whether you're celebrating with a partner, embracing self-love, or enjoying time with friends and family, these suggestions cater to everyone.

[Read Amy's Blog](#)

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!

[Anxiety 101](#) is a 90-minute workshop that will equip attendees with the knowledge and skills needed to understand and manage anxiety. This workshop will offer practical knowledge and skills to address anxiety symptoms and how to cope. Running February 14 from 1:00 to 2:30 p.m. in Thames Hall. Email health@uwo.ca to register.

MUSTANGS MINUTE

Come out and cheer on your Mustangs as regular seasons wind down and playoffs begin soon! Admission is FREE 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](#)

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.
- **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.
- **Apply now for Global Connect – Costa Rica!** Designed to enhance your academic commitments and achievements, Global Connect study tours are scheduled during the fall and winter reading weeks and during summer term. Applications for summer term are due Feb 11!
- 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.

STUDENT LIFE

- Exams are coming! Learning Development & Success can help. Attend [live presentations](#) or view [pre-recorded workshops](#) to brush up on your study skills and learning strategies.
- Did you know Western's main campus has begun its 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](#).
- **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!](#)
- [Invest in Yourself: Personal Training at Campus Recreation](#) - Personal training in the Western Student Recreation Centre (WSRC) offers students a myriad of benefits that extend beyond just physical fitness. Personal training not only enhances physical fitness but also fosters personal growth, motivation, and well-being. It's a valuable investment in oneself that can yield long-term benefits extending far beyond the gym.

IMPORTANT DATES

- **Feb 7:** [Campus-wide test of AlertWesternU](#)
- **Feb 17-25:** Spring Reading Week
- **Feb 20:** First day to term activate for Summer Term and enroll in Summer Term courses.

[See More Dates](#)

HOT TAKE

Ideal Study Playlist: Upbeat or Lo-fi?

[Vote Now](#)

Results from our last poll:

Group projects...

Love em' 23%

Hate em' 77% **

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